Lab 5 - Systems In & Out of Balance

Activity 1: Observations

Perform Step Test for 4 minutes*

* If shorter than 4 minutes, enter time here in seconds________

Wait 1 minute

a. Take pulse for 30 Seconds________

Wait 30 seconds

b. Take pulse for 30 Seconds________

Wait 30 seconds

c. Take pulse for 30 Seconds________

Sum of 3 pulse counts:
Add a + b + c = ________

1. Calculate your recovery Index:

2. What is your fitness rating?________________________

3. Where there wide variations within your group?________________

Activity 2: Design and Conduct Experiment

1. Write at least 3-5 questions here:
2. Predictions:

3. Hypothesis:

4. Describe the experiment that you will conduct:

5. Conduct the experiment
Activity 3: Communicate Results

Each person must complete a formal lab report. The report is due in lab next week.

Your report must have the following headings:

Introduction: This is where you describe your observations, the questions that were raised and describe how you came to make the predictions you made. Describe the background knowledge that allowed you to make the predictions you made. State your hypothesis and describe how you plan to test it.

Materials & Methods: Describe the experiment in enough detail that I could repeat it without you being there to tell me what to do. In other words, describe your experiment like a cookbook describes a recipe. DO NOT describe the results here.

Results & Conclusions: In this section you report your results. You must report your results in descriptive format, but should also include any graphs or charts that might be helpful to the reader in understanding the results. Here is also where you can write what your impressions are of the results. Was your hypothesis correct? What do you think your results mean? Was the experiment successful? Should it be re-done? Were there any errors? What did you learn?