

BIOLOGY 11 - PRE-LAB EXERCISE

9

Name:

Lab Day & Time:

CARDIOVASCULAR AND RESPIRATORY FITNESS

Review the Introduction, Activity 1 & 2 of the lab: answer the following questions:

What is the function of the two large chambers in the heart called ventricles?

What is the purpose of heart valves?

In Activity 1 of the lab, what are you listening for with the stethoscope (specifically)?

Review Activities 3,4,6 & 7 of your lab and answer the following questions:

Define "blood pressure" in your own words.

Why does your blood pressure consist of two numbers? (e.g. 120/80)

Briefly describe what you will be doing in Activities 3 and 4.

What is the Harvard step test trying to measure in Activity 7?

*For Act. 6, take your resting pulse rate, before you get out of bed in the morning - record below.

Review Activity 8 of this lab and answer the following questions:

What is meant by "vital capacity"?

What is the purpose of Activity 8?

POST-LAB ASSESSMENT
LAB #9: CARDIOVASCULAR AND
RESPIRATORY FITNESS

Explain the difference between atria and ventricles

When looking at an artist's drawing of a heart, it will often be colored blue on the right side and red on the left. What is the significance of this color difference (what does it represent?)

How does the heart know when to beat?

Why does your blood pressure increase during strenuous activity?

After performing the Harvard Step Test you discover, much to your dismay, that you are out of shape. What would you need to do to improve your cardio-vascular fitness? Provide a detailed answer...

Explain the difference between breathing and cellular respiration, and the connection between breathing and cellular respiration.