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## Lab 1. Heart Rate, Physical Fitness, and the Scientific Method

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### Prelab Assignment

Before coming to lab read carefully the following pages on the scientific method and then answer the prelab questions at the end of this lab handout. Be prepared to discuss and/or hand in your responses to the prelab questions at the start of lab.

### Introduction

Biology is a dynamic field of study whose aim is to unravel the mysteries of life itself. Throughout history, humans have been curious about the world around them. Through the millennia people have observed the natural world and have asked, "why?" Those that have advanced our biological knowledge the most, whether the great scientists of the centuries before us, such as Robert Hooke (Discovered cells in 1665) and Charles Darwin (Co-developer of the theory of evolution by natural selection in 1859), or modern molecular biologists such as James Watson and Francis Crick (Discovered the structure of DNA in 1953), have certain traits in common: They have inquiring minds, great powers of observation, and they use a systematic approach to answer their questions that intrigue them, the scientific method.

In this course you will have ample opportunity to develop your scientific skills. The weekly laboratory exercises are designed not only to stimulate your curiosity and heighten your powers of observation, but also to introduce you to and allow you to practice the scientific method. This laboratory activity will allow you to learn about and practice the scientific method as you study the impact of physical exercise on cardiovascular fitness.

In this experiment, cardiovascular fitness will be determined by using an arbitrary rating system to "score" fitness during a variety of situations. The heart rate will be measured while standing, in a reclined position, as well as during and after physical exercise.

### Goals of this Lab:

- Use a computer and exercise heart rate monitor to measure the human heart rate.
- Determine the effect of body position on heart rate.
- Identify, describe, and practice the steps of the scientific method
- Define and identify *scientific* questions.
- Define hypothesis and identify the qualities of a good scientific hypothesis.
- Design an experiment to test a hypothesis.
- Correlate the fitness level of individuals with factors such as smoking, the amount of daily exercise, or other factors identified by students.
- Collect data and summarize it in tables and graphs.
- Interpret experimental data and discuss the validity of these interpretations and conclusions

### Scientific Method

The scientific method is neither complicated nor intimidating, nor is it unique to science. It is a powerful tool of logic that can be employed any time a problem or question about the world around us arises. In fact, we all use the principles of the scientific method daily to solve problems that pop up, but we do it so quickly and automatically that we are not conscious of the methodology. In brief, the scientific method consists of

- Observing natural phenomena
- Asking a question (or questions) based on one's observations
- Constructing a hypothesis to answer the question
- Testing the hypothesis with experiments
- Drawing conclusions about the hypothesis based on the data resulting from the experiments
- Publishing results in a scientific journal

# Lab 1 Heart Rate Physical Fitness And The Scientific Method

**AN Whitehead**



## **Lab 1 Heart Rate Physical Fitness And The Scientific Method:**

**Laboratory Manual for Exercise Physiology** G. Gregory Haff, Charles Dumke, 2018-03-13 Laboratory Manual for Exercise Physiology Second Edition With Web Study Guide provides guided opportunities for students to translate their scientific understanding of exercise physiology into practical applications in a variety of settings Written by experts G Gregory Haff and Charles Dumke the text builds upon the success of the first edition with full color images and the addition of several new interactive lab activities in the web study guide The revitalized second edition comprises 16 laboratory chapters that offer a total of 49 lab activities Each laboratory chapter provides a complete lesson including objectives definitions of key terms and background information that sets the stage for learning Each lab activity supplies step by step procedures providing guidance for those new to lab settings so that they may complete the procedures New features in this edition include the following An updated web study guide that contains 10 interactive lab activities to enhance student learning including video that helps simulate the experience of performing the labs in the real world A completely new laboratory chapter on high intensity fitness training that includes several popular intermittent fitness tests that students can learn to perform and interpret An appendix that helps estimate the oxygen cost of walking running and cycling Full color printing throughout In addition Laboratory Manual for Exercise Physiology Second Edition is thoroughly updated offering the following New research and information pertaining to each laboratory topic Current standards and norms Case studies to illuminate laboratory concepts Answers to the case studies to facilitate student learning Question sets to help students better understand laboratory concepts A lab activity finder that makes it easy to locate specific tests The web study guide for students provides lab activities with an enhanced learning experience Through this portal students and instructors can access electronic versions of individual data sheets group data sheets question sets case studies and their answers and 10 interactive lab activities Instructors also receive access to an image bank which includes most of the figures tables and photos from the book Organized in a logical progression the text builds upon the knowledge students acquire as they advance Furthermore the text provides multiple lab activities and includes an equipment list at the beginning of each activity allowing instructors flexibility in choosing the lab activities that will best work in their facility Laboratory Manual for Exercise Physiology Second Edition With Web Study Guide exposes students to a broad expanse of tests that are typically performed in an exercise physiology lab and that can be applied to a variety of professional settings As such the text serves as a high quality resource for basic laboratory testing procedures used in assessing human performance health and wellness

**Principles and Labs for Physical Fitness** Werner W. K. Hoeger, Sharon A. Hoeger, 1996-08 *Cumulated Index Medicus*, 1967 **Scientific and Technical Aerospace Reports**, 1984 Lists citations with abstracts for aerospace related reports obtained from world wide sources and announces documents that have recently been entered into the NASA Scientific and Technical Information Database **Principles & Labs for Fitness and Wellness** Werner W. K.

Hoeger, Sharon A. Hoeger, 1997 This volume contains 17 chapters and exercises that serve as a guide to implement and complete a lifetime fitness and wellness programme Extensive and up to date information is provided on nutrition weight management cardiovascular and cancer risk management exercise and ageing stress management prevention of sexually transmitted diseases and substance abuse Concepts of Physical Fitness, with Laboratories Charles B. Corbin, Ruth Lindsey, 1988 The American Biology Teacher ,1994 **Journal of Clinical & Laboratory Immunology** ,1982 *Assessing Physical Fitness and Physical Activity in Population-based Surveys* ,1989 *Physiological Aspects of Sports and Physical Fitness* American College of Sports Medicine, 1968 Sportphysiologie Fitness Sauerstoffaufnahme Ie Pr/Labs Phys Fit W/Log Werner W. K. Hoeger, Sharon A. Hoeger, 2001-03 **Journal of Cardiac Rehabilitation** ,1981 **Curriculum Review** ,1985 **Physical Fitness of Champion Athletes** Thomas Kirk Cureton, 1951 Fitness Athleten Spitzensport Sportmedizin Journal of Physical Education and Recreation ,1975 Exercise in Health and Disease Michael L. Pollock, Jack H. Wilmore, 1990 Focuses on exercise and fitness for both healthy individuals and those with conditions such as cardiovascular disease and obesity The text discusses basic etiology and pathophysiology and details the role of exercise in prevention and rehabilitation Emphasis is on prescribing effective exercise programs Presents discussions on etiology of disease principles of exercise prescription value of exercise fitness measurement and more Includes numerous illustrations and references **Athletic Training** ,1976 **Sports Medicine Handbook** Alfred F. Morris, 1985 Sports Medicine Alfred F. Morris, 1984 **Journal of Sports Medicine and Physical Fitness** ,1997

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