

## Lab Report Template

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### **Activity 4.3.4-Raising the Beat**

#### **Problem:**

What happens to a person blood pressure if they have jogged heavily for 2 minutes around 9 mph. Will it be higher or lower than their resting rate?

#### **Hypothesis:**

If the person runs for two minutes then his blood pressure will be higher after the two minutes of running than before at the resting blood pressure.

#### **Materials:**

Stethoscope

Sphygmomanometer

Stopwatch

Test Subject: Student

Pencil

Notepads

#### **Procedures:**

1. Have test subject sit at resting rate for 1 minute
2. Take initial blood pressure of test subject
3. Record findings in notes
4. Test person will then run outside at about a 9 mph pace for 2 minutes
5. Team member two will set and run timer for 2 minutes
6. After two minutes take subjects blood pressure immediately after the running.
7. Record findings in notes.
8. Write any observations you see
9. Fill out the following three questions with your group mates and then share with the class

**Data Collection:**

	<b>Initial Blood Pressure</b>	<b>Blood Pressure after workout</b>
<b>systolic</b>	<b>126</b>	<b>150</b>
<b>Diastolic</b>	<b>84</b>	<b>60</b>

**Analysis of Results:**

Before the test subject went on the run, he had a blood pressure of 126 over 84. This is fairly average with the norm being 120 over 80. When the test subject went on a run his blood pressure was 150 over 60. This is consistent with more blood flowing due to more circulation happening within the body. This was so that the muscle could receive the nutrients necessary in order to facilitate the body's motions.

**Conclusions:**

In conclusion based on our results exercise increases blood pressure. Our predictions were proven by taken the initial blood pressure of the student and comparing it to their blood pressure after they have jogged for two minutes. One interesting finding that was not expected, was that the Diastolic number actually decreased after the run. Is this a normal? The possible sources of error during our experiment could have been from the consistency of the runner while jogging, consistency with checking blood pressure, and the health of the runner. A possible way we could extend this experiment is to compare two different humans to include a variation in data.