

## **LAB 1**

**Date:** 11/4/2020

**Title:** Cardiovascular Physiology- Blood Pressure

**Purpose:** In this stimulation, we will determine the effects of body position and exercise on blood pressure.

**Materials:**

- human
- stethoscope
- sphygmomanometers (blood pressure cuffs)

**Observations:**

By listening for the Korotkoff sounds, we recorded the systolic (higher value) and diastolic (lower) pressures for each position.

Position	Systolic pressure (mmHg)	Diastolic pressure (mmHg)
Sitting	118	72
Lying down	92	61
Standing	126	78
Standing, immediately after exercise	140	80
Standing, 5 minutes after exercise	126	78

**Analysis:**

Blood pressure increases by the following order of positions: lying down → sitting → standing → exercising. When standing, blood must be pumped against the force of gravity, whereas sitting and lying down does not require as much work. Exercise increases blood pressure to ensure an adequate blood supply to tissues throughout the body. Standing after exercising slowly lowers the blood pressure as oxygen demand decreases.

**Conclusion:**

Blood pressure is the force of blood against the inside of blood vessel walls. Blood pressure is a combination of systolic and diastolic pressure. Systolic pressure is the maximum pressure in an artery during ventricular *contraction*. Diastolic pressure is the minimum pressure in an artery during ventricular *relaxation*. The more vertical a body position is, the higher the blood pressure is. Horizontal body positions- lying down- require the least energy to pump blood whereas vertical positions- standing- the most due to gravity.

# Blood Pressure Mhhe Lab Answers

**Charles B. Corbin, Gregory J.  
Welk, William R. Corbin**



## **Blood Pressure Mhhe Lab Answers:**

*Biological Investigations Lab Manual* Warren Dolphin, David Vleck, Linda Westgate, James Colbert, 2010-01-27 The lead author of eight successful previous editions has brought together a team that combined has well over 60 years experience in offering beginning biology labs to several thousand students each year at Iowa State University Their experience and diverse backgrounds ensure that this extensively revised edition will meet the needs of a new generation of students Designed to be used with all majors level general biology textbooks the included labs are investigative using both discovery and hypothesis based science methods Students experimentally investigate topics observe structure use critical thinking skills to predict and test ideas and engage in hands on learning Students are often asked what evidence do you have that in order to encourage them to think for themselves By emphasizing investigative quantitative and comparative approaches to the topics the authors continually emphasize how the biological sciences are integrative yet unique An instructor s manual available through McGraw Hill Lab Central provides detailed advice based on the authors experience on how to prepare materials for each lab teachings tips and lesson plans and questions that can be used in quizzes and practical exams This manual is an excellent choice for colleges and universities that want their students to experience the breadth of modern biology **Fit & Well**

Thomas Davin Fahey, Paul M. Insel, Walton T. Roth, 2007 *Wellness* David J. Ansbaugh, Michael H. Hamrick, Frank D. Rosato, 2002-06-26 *Wellness Concepts and Applications* uses the foundations of the wellness movement self responsibility behavior change and risk reduction and health care consumer awareness to introduce students to the content of wellness Balanced coverage of fitness and wellness topics ensures that this text provides the content needed for today s wellness courses Now comes packaged with the latest version of HealthQuest to help students apply concepts to their own lives

**Concepts of Physical Fitness** Charles B. Corbin, Gregory J. Welk, William R. Corbin, 2006-12 Through the use of activity labs and logs *Concepts of Physical Fitness* provides readers with the self management skills necessary to adopt a healthy lifestyle *Fundamental Skills and Concepts in Patient Care* Barbara Kuhn Timby, 2001 Textbook of fundamentals for beginning students Includes exercises and discussion questions summaries and procedure checklists **Arnheim's**

**Principles of Athletic Training** William E. Prentice, Daniel D. Arnheim, 2002 *A Wellness Way of Life* Gwen Robbins, Debbie Powers, Sharon Burgess, 2002 **Concepts of Physical Fitness: Active Lifestyles for Wellness** Charles Corbin, Karen Welk, 2008-10-30 Through the use of activity labs and logs *Concepts of Physical Fitness* provides readers with the self management skills necessary to adopt a healthy lifestyle Drugs, Society, and Human Behavior Oakley Stern Ray, 2002 **A Fit and Well Way of Life** Gwen Robbins, Debbie Powers, Sharon Burgess, 2008 **Understanding Your Health** Wayne A. Payne, Dale B. Hahn, Ellen Mauer, 2005 **General Zoology** Charles F. Lytle, 2000 It provides students with a comprehensive introduction to zoology and to the major animal to aid them opecating with different schedules resources and references Loosening the Grip Jean Kinney, 2006 Offers an approach to understanding alcohol its physical

and psychological effects on an individual as well as its emotional impact on the family This book covers the range of psychological factors physical complications treatment options and family concerns Easy to read it is suitable for academics students or families of alcoholics      *Microbiological Applications* Harold J. Benson,2002 Meant for undergraduate microbiology laboratory courses This manual contains illustrated exercises and four color format It is aimed at either a majors or non majors lab course      **Environmental Science: A Global Concern** William Cunningham,Mary Ann Cunningham,2009-09-18 Environmental Science A Global Concern Eleventh Edition is a comprehensive presentation of environmental science for non science majors which emphasizes critical thinking environmental responsibility and global awareness This book is intended for use in a one or two semester course in environmental science human ecology or environmental studies at the college or advanced placement high school level We have updated data throughout the chapters in this book Information and examples presented are the most recent available as of the mid 2009 You will find an abundance of specific numbers and current events details that are difficult to keep up to date in a textbook The goal of this book is to provide an up to date introductory global view of essential themes in environmental science along with emphasis on details and case studies that will help students process and retain the general principles Because most students who will use this book are freshman or sophomore non science majors the authors make the text readable and accessible without technical jargon or a presumption of prior science background      **Environmental Science** William P. Cunningham,Mary Ann Cunningham,Barbara Woodworth Saigo,2003-03 This book is intended for use in a one or two semester course in environmental science human ecology or environmental studies at the college or advanced placement high school level Because most students who will use this book are freshman or sophomore nonscience majors the authors have tried to make the text readable and accessible without technical jargon or a presumption of prior science background At the same time enough data and depth are presented to make this book suitable for many upper division classes and a valuable resource for students who will keep it in their personal libraries after their formal studies are completed The goal of this book is to provide an up to date introductory view of essential themes in environmental science along with emphasis on details and case studies that will help students process and retain the general principles      **Blood Pressure: Questions You Have ... Answers You Need ,      Psychology** Lester M. Sdorow,Cheryl A. Rickabaugh,2002      **Blood Pressure** People's Medical Society (U.S.),1996 These guides from People s Medical Society address the most common medical concerns in an accessible question and answer format In a departure from conventional references these books present both traditional and alternative methods of treatment and offer pro and con points of view for each      *101 Questions and Answers About Hypertension* William M. Manger,Norman M. Kaplan,2013-03-15 Hypertension or high blood pressure affects an estimated 50 million Americans and is a major contributor to cardiovascular disease the leading cause of death in the United States Through proper management the effects of hypertension can be minimized Dr William Manger s 101 Questions it s also responsible for

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### **Table of Contents Blood Pressure Mhhe Lab Answers**

1. Understanding the eBook Blood Pressure Mhhe Lab Answers
  - The Rise of Digital Reading Blood Pressure Mhhe Lab Answers
  - Advantages of eBooks Over Traditional Books
2. Identifying Blood Pressure Mhhe Lab Answers
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Blood Pressure Mhhe Lab Answers
  - User-Friendly Interface
4. Exploring eBook Recommendations from Blood Pressure Mhhe Lab Answers
  - Personalized Recommendations

- Blood Pressure Mhhe Lab Answers User Reviews and Ratings
- Blood Pressure Mhhe Lab Answers and Bestseller Lists
- 5. Accessing Blood Pressure Mhhe Lab Answers Free and Paid eBooks
  - Blood Pressure Mhhe Lab Answers Public Domain eBooks
  - Blood Pressure Mhhe Lab Answers eBook Subscription Services
  - Blood Pressure Mhhe Lab Answers Budget-Friendly Options
- 6. Navigating Blood Pressure Mhhe Lab Answers eBook Formats
  - ePub, PDF, MOBI, and More
  - Blood Pressure Mhhe Lab Answers Compatibility with Devices
  - Blood Pressure Mhhe Lab Answers Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Blood Pressure Mhhe Lab Answers
  - Highlighting and Note-Taking Blood Pressure Mhhe Lab Answers
  - Interactive Elements Blood Pressure Mhhe Lab Answers
- 8. Staying Engaged with Blood Pressure Mhhe Lab Answers
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Blood Pressure Mhhe Lab Answers
- 9. Balancing eBooks and Physical Books Blood Pressure Mhhe Lab Answers
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Blood Pressure Mhhe Lab Answers
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Blood Pressure Mhhe Lab Answers
  - Setting Reading Goals Blood Pressure Mhhe Lab Answers
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Blood Pressure Mhhe Lab Answers
  - Fact-Checking eBook Content of Blood Pressure Mhhe Lab Answers

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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