

## **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

**Oakley Stern Ray**



## **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

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