

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

Jiyuan Zhang



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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.

Anspaugh, 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.

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web description stutenkerl is a sweet leavened dough made in the shape of a man traditionally served around st nicholas day in german speaking countries lightly flavored with vanilla and lemon these stutenkerle are wonderfully fluffy on the inside

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web nov 2 2022 weckmänner machen längst nicht nur kindern freude die süßen stutenkerle aus hefeteig sehen einfach zu niedlich aus und sind noch dazu super lecker auch das backen ist toll zumindest wenn man eine passende form hat in diesem beitrag verrate ich euch unser liebstes weckmann rezept

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web foto brigitte sporrer einfach backen etwas mehl zur teigverarbeitung teig auf einer leicht bemehlten arbeitsfläche durchkneten und in 6 portionen teilen zu kugeln formen jede kugel zu einem ca 25 cm langen teigstrang formen so dass ein ende spitz zuläuft

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web a stutenkerl belongs to the saint nicholas tradition in the german speaking countries it is a pastry made of stuten sweet leavened dough in the form of a man ingredients 500 g 4 5 cups flour additional flour 1 package of active dry yeast 50 g 1 4 cup of sugar pinch salt 250 ml 1 cup warm

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web nov 11 2020 nun könnt ihr den backofen auf 180 c ober unterhitze 160 c umluft vorheizen legt die fertigen stutenkerle auf ein mit backpapier ausgelegtes backblech verquirlt ei milch miteinander und bestreicht die stutenkerle zu guter letzt könnt ihr die körper mit kleinen rosinen und hagelzucker verzieren wir wünschen viel freude beim

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web nov 6 2018 stutenkerle teegebäck teegebäck schwarz weiß tomatenkuchen Überbackenes fladenbrot vanillemonde wie kasjen sie macht vanillezucker selbstgemacht vollkornstuten in 3 minuten waldheidelbeer sahnertorte waldmeistertorte walnussbrot walnusszauber weihnachtliche mandelsplitter wie maren sie macht

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web published nov 10 2021 updated may 23 2023 by jacqui wormington this post may contain affiliate links 7 comments stutenkerl vegan a german sweetened yeast dough in the shape of a man traditionally served around st martins day and sometimes st nicholas day in germany

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web ich liebe stutenkerle aber was ist eigentlich ein stutenkerl ein stutenkerl ist ein gebildbrot männchenform aus süßem

hefeteig mit rosinen und einer tonpfeife welches anfänglich zum nikolaustag gebacken wurde je nach region und bundesland ist dieses gebäck jedoch auch am martinstag und in der gesamten vorweihnachtszeit

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web media stutenkerl the raw raisin studded pastry before it is baked and then after baking a stutenkerl belongs to the saint nicholas tradition in the german speaking countries it is a pastry made of stuten sweet leavened dough in the form of a man

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