

Fitness Worksheet

Observations and Analysis

Activity 1 Table. Resting Blood Pressure Data

	Blood Pressure 1 (mm Hg)		Blood Pressure 2 (mm Hg)		Blood Pressure 3 (mm Hg)		Average (mm Hg)	
	Systolic	Diastolic	Systolic	Diastolic	Systolic	Diastolic	Systolic	Diastolic
Partner 1								
Partner 2								

Activity 2 Table. Reclining and Standing Blood Pressure Data

	Reclining Blood Pressure		Standing Blood Pressure		Difference (Reclining- Standing)	Fitness Points
	Systolic (mm Hg)	Diastolic (mm Hg)	Systolic (mm Hg)	Diastolic (mm Hg)		
Partner 1						
Partner 2						

Activity 3 Table. Resting Heart Rate

	Resting Heart Rate		
	20 sec	bpm	Fitness Points
Partner 1			
Partner 2			

Activity 4 Table. Baroreceptor Reflex

	Reclining Heart Rate			Standing Heart Rate		Difference (Standing- Reclining)	Fitness Points
	20 sec	bpm	Fitness Points	20 sec	bpm		
Partner 1							
Partner 2							

Activity 5 Table. Endurance

		Partner 1	Partner 2
0–15 seconds	Beats		
	bpm		
15–30 seconds	Beats		
	bpm		
30–60 seconds	Beats		
	bpm		
60–90 seconds	Beats		
	bpm		
90–120 seconds	Beats		
	bpm		
Fitness Points			
Heart Rate Response			
Fitness Points			
Total Fitness Points			
Relative Fitness Level			

Questions

1. Explain why blood pressure differs when measured in a reclining position and in a standing position.
2. Explain why heart rate differs when measured in a reclining position and in a standing position.
3. Explain why high blood pressure is a health concern.
4. Explain why smoking causes a rise in blood pressure.

Ectotherm Heart Rate Worksheet

Observations and Analysis

Table 1.	Heart Rate (15 seconds)			Average	
	Trial 1	Trial 2	Trial 3	Heart Rate (10 sec.)	Beats per minute (bpm)
Temperature (°C)					

Questions

1. On graph paper draw a graph showing the temperature-versus-heart rate data. Determine and label the independent variable and dependent variable.
 - a. Independent Variable
 - b. Dependent Variable
2. Why does temperature affect the heart rate in an ectothermic organism?
3. Describe four behaviors that an ectotherm uses to help regulate its temperature.
4. Explain the results you would expect from a similar experiment using an endothermic organism.