

### Lab: Exercise and Homeostasis

**Purpose:** Plan an investigation to examine how heart rate changes during and after an exercise is performed for two different periods of time.

**Time:** Approximately 60 minutes.

**Question:** How does the heart rate change during and after an exercise is performed for two different periods of time?

**Hypothesis:** The change in heart rate has to do with how fit you are and your maximum heart rate, which, for adults, is about 220 beats per minute (bpm) minus your age. For example, if you are 30 years old, your maximum heart rate would be 190 bpm. Doing exercise that increases a person's heart rate to between 50 to 85 percent of their maximum heart rate. This range is called the target heart rate zone. It is recommended that a person gets at least 30 minutes of moderate to vigorous exercise—exercise that elevates their heart rate to the target heart rate zone—on most days of the week, or a total of about 150 minutes a week.

#### Data and Observations:

Table 1: Effect of Exercise

| Total Time (Minutes)  | Heart Rate (Beats per Minute) | Breathing Rate (Breaths per Minute) | Perspiration Level (Scale of 0 to 5) |
|-----------------------|-------------------------------|-------------------------------------|--------------------------------------|
| 0 – Prior to Exercise | 87                            | 33                                  | 0                                    |
| 2 Minutes             | 118                           | 57                                  | 0                                    |
| 6 Minutes             | 86                            | 32                                  | 1                                    |
| 8 Minutes             | 110                           | 41                                  | 2                                    |
| 9 Minutes             | 142                           | 46                                  | 3                                    |

Table 1: shows the heart rate, breathing rate and perspiration level of exercisers over nine minutes

Table 2: Effects of Exercise: Class Averages

| Variables Measured |         | Hameed | Wasey | Zaid | Travis | Farah | Averages: |
|--------------------|---------|--------|-------|------|--------|-------|-----------|
| Heart Rate         | Start:  | 104    | 68    | 84   | 98     | 104   | 73        |
|                    | Finish: | 36     | 154   | 119  | 121    | 144   | 115       |
| Breathing Rate     | Start:  | 20     | 57    | 63   | 20     | 32    | 38        |
|                    | Finish: | 68     | 65    | 64   | 32     | 47    | 59        |
| Perspiration Level | Start:  | 0      | 0     | 1    | 1      | 0     | 1         |
|                    | Finish: | 1      | 3     | 4    | 1      | 2     | 1         |

Table 2: shows the averages of the entire group's heart rate, breathing rate and perspiration levels at two period of time. 1<sup>st</sup> period: At the start of the exercise. 2<sup>nd</sup> period: At the end of the exercise.

# Homeostasis And Exercise Lab Answers

**Daniel F McAuley**



## **Homeostasis And Exercise Lab Answers:**

## Reviewing **Homeostasis And Exercise Lab Answers**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Homeostasis And Exercise Lab Answers**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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flowers for mrs harris is a musical with a book by rachel wagstaff and music and lyrics by richard taylor it is based on the 1958 american novel mrs arris goes to paris by paul gallico which was released as flowers for mrs harris in the united kingdom

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sep 24 2018 review at a glance this new british musical is a daring show counter intuitively daring in its apparent slightness the eponymous heroine is a middle aged nobody the production initially

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flowers for mrs harris full length musical drama 6f 4m based on the novel by paul gallico a musical by richard taylor and rachel wagstaff book by rachel wagstaff music and lyrics by richard taylor for ada harris day to day life is spent cleaning houses

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*news full cast revealed for flowers for mrs harris at riverside* - Feb 10 2022

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award winning stage legend jenna russell in the london premiere of the musical flowers for mrs harris this autumn directed by bronagh lagan cruise west end rags park theatre little women hope mill theatre playing a limited 9 week

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closing 26 11 2023 running time 2h40 inc interval based on the novel by paul gallico and adapted for the stage by richard taylor the go between and rachel wagstaff the mirror crack d flowers for mrs harris is a celebration of kindness friendship and

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paul gallico 3 94 4 270 ratings667 reviews mrs harris is a salt of the earth london charlady who cheerfully cleans the houses of the rich one day when tidying lady dant s wardrobe she comes across the most beautiful thing she has ever seen in her life a dior dress

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may 28 2016 mrs harris is a cleaning woman in post second world war austerity era london who after seeing a dior dress in one of her clients homes embarks on a quest to own one herself she saves up enough money after a few mishaps to fly to paris and purchase one by the sheer force and wit of her personality she makes a difference not only

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oct 6 2023 following an original production at the sheffield crucible in 2016 and a successful chichester theatre festival run flowers for mrs harris makes its london premiere at riverside studios based

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jul 21 2023 flowers for mrs harris have announced the remaining cast that will star alongside jenna russell from 30 september to 26 november at the riverside studios hal fowler as albert harris and marquis de chassagne kelly price as lady dant and madame colbert annie wensak as violet and french char lady charlotte kenedy as pamela and natasha

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on 5 october

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oct 8 2023 flowers for mrs harris photograph pamelaraith inevitably adamelts the gallic frost even the scathingly chic manager madame colbert kelly price murmurs every woman is a princess

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nov 1 2023 olivier award winning legend jenna russell stars in the london premiere of the critically acclaimed musical flowers for mrs harris this autumn for ada harris day to day life is spent cleaning houses but one day when she is working for a wealthy client in belgravia she happens upon a dior dress that takes her breath away

*mrs arris goes to paris wikipedia* - Mar 26 2023

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apr 9 2020 ada harris spends her days dusting darning polishing and scrubbing but her first glimpse of a ravishing christian dior dress sets her off on a journey that will change her life forever from the cobbled streets of post war london to the shimmering avenues of paris ada transforms the lives of everyone she meets along the way but can she let

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jun 9 2023 exclusive the london premiere of cherished musical flowers for mrs harris has been announced adapted by playwright rachel wagstaff and composer and lyricist richard taylor from paul gallico s 1958 novella it follows a london cleaning lady who sets her heart on owning a new look dress by christian dior

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oct 9 2023 with a book by rachel wagstaff and music and lyrics by richard taylor flowers for mrs harris premiered in sheffield in 2016 directed by then artistic director daniel evans and starring clare burt now appearing across town in stephen sondheim s old friends as the eponymous ada harris

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