

Part A. Circle or fill-in the correct answer in order to complete the following statements:

1. Blood pressure is the force exerted against the brachial (artery/vein).
2. A (sphygmomanometer/thermometer) is usually used to measure someone's blood pressure.
3. The maximum pressure achieved during ventricular contractions is called _____ pressure.
4. The lowest pressure that remains in the arterial system during ventricular relaxation is called _____ pressure.
5. The first (top) number is the (diastolic/systolic) and the second (bottom) number is the (diastolic/systolic).
6. A pulse is measured as the _____ of an artery that can be felt each time the heart contracts.

Part B.

1. Enter your observations of pulse characteristics and pulse rates in the table.

Test Subject	Pulse Characteristics			Pulse Rate
Preliminary data	1)weak/strong	2)fast/slow	3)seems normal?	
Sitting				
Standing				
3-5 min. after Standing				
Exercise				
3-5 min. after Exercise				

Part C.

Table 1. Initial Blood Pressure Measurements.

Reading	Blood Pressure in Left Arm
First	/
Second	/
Average	/

Table 2. Blood Pressure Measurements

Test Subject	Blood Pressure
Sitting	/
3-5 min. after Standing	/
Exercise	/
3-5 min. after Exercise	/

Name the activity you performed:

1. How and why does heart rate (pulse) change with body position?

2. Summarize any correlations between pulse rate and blood pressure from any of the experimental conditions.

3. Why does increased physical activity raise heart rate?

4. Why is heart rate lower in an individual that does aerobic exercise regularly?

5. Why would some people faint when they go quickly from lying down to standing?

6. From your study of the circulatory system, how would you describe a “fit” individual?
