

# Student Sample: Lab Notebook Entry

September 16<sup>th</sup>

## Homeostasis in the Human Body

The purpose of this lab is to observe homeostasis in the body.

### Background Information:

Most body systems maintain homeostasis. The human body is 98.6°F, if the body temp. increases because you're working out then the body will try to cool down by sweating. Signals are sent to return the body to its normal state. When it's too hot in a room the air conditioning will come on, when it gets to the right temp. it will shut off.

### Procedure:

1. Take your pulse for 15 seconds. You can multiply this # by 4 to get your resting pulse rate at 1 minute. Create a table and record the resting pulse rate of each person.

Name: \_\_\_\_\_ Beats per minute

#### Resting Pulse Rate Data Table

Sydney Corsetti	$17 \times 4 = 68$
Brook Degrande	$13 \times 4 = 52$
Kailyn McCormack	$15 \times 4 = 60$
Jenna D'Ambrosio	$16 \times 4 = 64$

#### Hypothesis:

I think what would happen to your pulse rate after you do jumping jacks for one minute your pulse rate is going to increase a high amount.

#### Active Pulse Rate Data Table

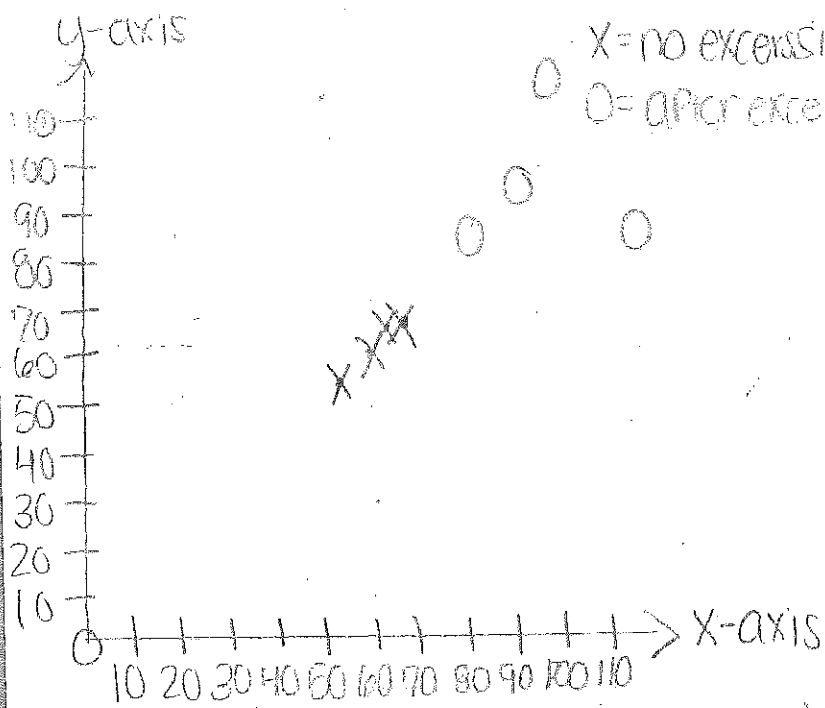
Name:	Beats per minute
Sydney Corsetti	$32 \times 4 = 128$
Brooke Degrande	$23 \times 4 = 92$
Kailyn McCormack	$29 \times 4 = 116$
Jenna D'Ambrosio	$21 \times 4 = 84$

If a person exercises then their HR will increase.

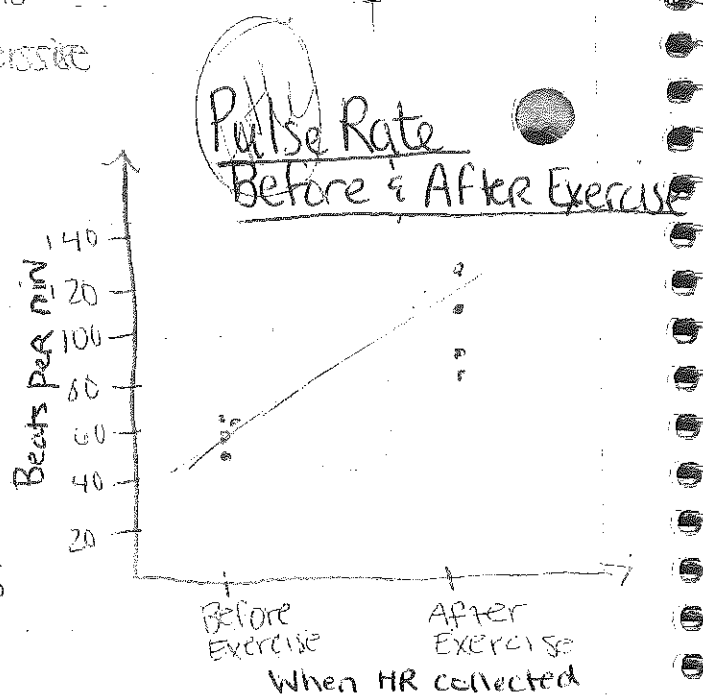
IV = exercise DV = HR

5. How much did your pulse rate increase? 60 pulses

6. How long do you think that it will take your pulse rate to return to the resting pulse rate they first measured?  
About 2 minutes



X = no exercise  
O = after exercise



9. What happens to your pulse rate after exercise? Why?

After you exercise your pulse goes up because you will start to sweat which indicates your pulse is going up

10. Why does your pulse rate return back to normal?

Because your sweat will cool your body down along with your heart.

Conclusion:

My hypothesis was supported because the data shows that heart rate increases. This lab relates to homeostasis by giving the cells what they need.

Longer conclusion needed  
minimum 391's → See Your Lab Rubric