EXPERIMENT 11: HOMEOSTASIS

Course Learning Outcome:
Solve basic problems related to transport system processes, mechanisms for adaptations in living things, ecological and environmental issues in biology.
(C3, PLO 2, CTPS 3, MQF LOC ii)

Learning Outcomes:
At the end of this lesson, students should be able to:

i. Predict the effects of exercise on the body temperature and pulse rate in a human body system.

Student Learning Time:

Face-to-face	Non face-to-face
1 hour	1 hour

Direction: Read over the lab manual and then answer the following questions.

Check this out: 

What are vital sign?
There are four main vital signs: body temperature, blood pressure, pulse (heart rate), and breathing rate. Normal ranges for these signs vary by age, sex, weight and other factors.

Click the url or scan the QR code to read more information about vital signs.
https://my.clevelandclinic.org/health/articles/10881-vital-signs

Introduction

1. What is homeostasis?

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   _____

2. State **TWO** examples of homeostasis in human.

   _____

3. Name the organs that play important role in regulating body temperature and body pulse.

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   _____

4. How can the body temperature be regulated?

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   _____

5. Name the receptor that detect changes in body temperature.

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Experiment

1. State **TWO** activities that will increase the heart rate of a person.

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   _____

2. What happen to the heart rate during exercise? Explain your answer.

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3. Predict what will happen if your heart rate failed to increase during exercise?

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4. Why does the body temperature increase during exercise?

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5. Why female have slightly higher pulse rate compared to male?

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6. State **THREE** factors that affect the heart rate.

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