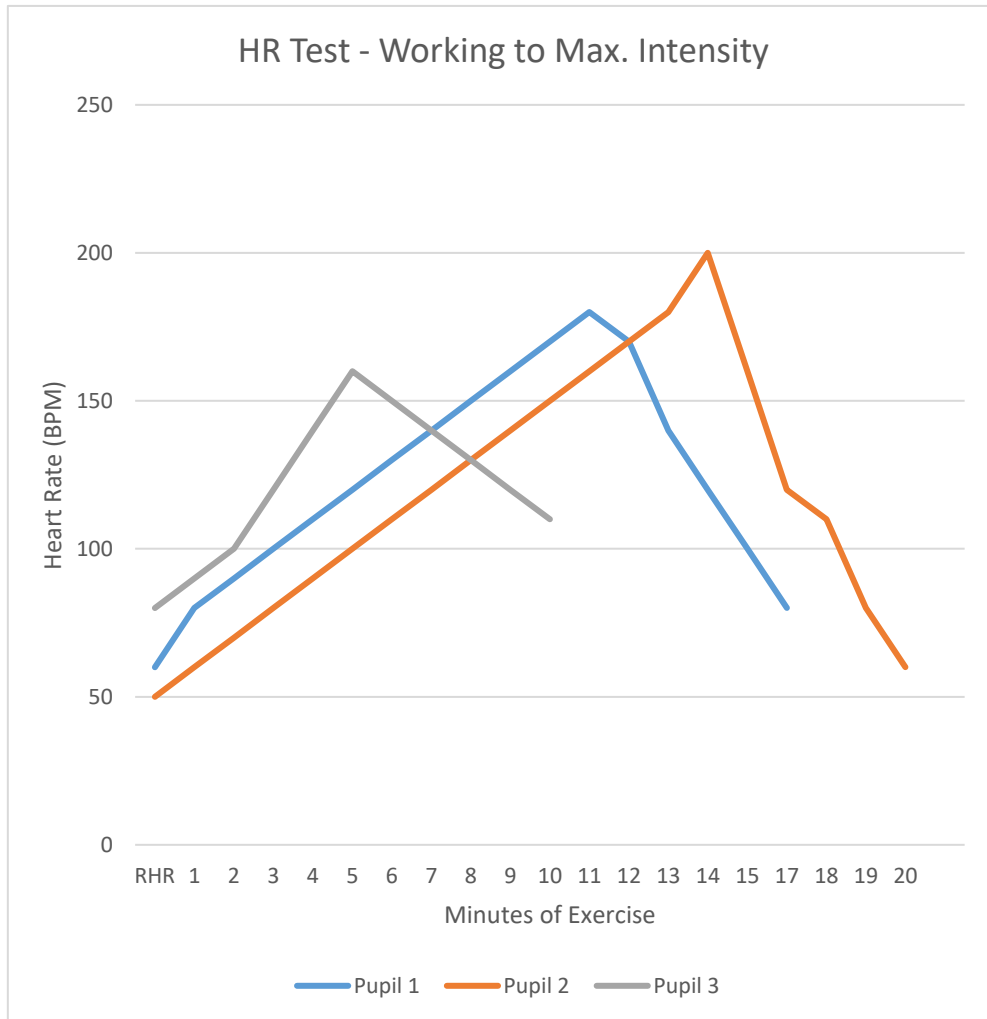


Practical Activity:

Start on level 8 of a treadmill and increase the speed by two levels every minute. Continue exercising until exhaustion. Record your heart rate at rest, 1 minute prior to exercise, the end of every minute of exercise and into 3 minutes of recovery. Plot your results onto a graph so that you have an example similar to the graph below.



Answer the following questions about your graph:

- What happened in the minute before exercise began? Explain this process.
- Explain how your stroke volume will have changed throughout the exercise.
- Explain how your cardiac output will have changed throughout the exercise.
- Explain when and how redistribution of blood flow will have occurred.
- Explain the process of the cardiac conduction system and how it helps to supply your body with oxygen during exercise
- At what point during exercise were your sympathetic/parasympathetic systems sending impulses to the SA node?