

Starling's Law Practical Experiment

Step 1:

Fill up five balloons with different amounts of water. After filling the balloons, clearly identify the balloons from largest to smallest. Each balloon represents a heart. Consider which balloon may represent the heart at rest and which represent the heart during exercise.



Step 2:

Throw the smallest balloon up into the air (to an approximate height of three metres).

Step 3:

From the exact point where the balloon lands, measure the distance to the furthest spot where water landed. Record this distance.

Step 4:

Repeat this task with each balloon, aiming to throw each balloon up to a similar height.

Step 5:

Create a bar chart showing your results. Now how can your results be used to explain Venous Return and Starling's Law? Consider both stroke volume and blood pressure in your answer.