Name: _____

Part 1: Pre-activity worksheet:

Questions to answer before undertaking measurements:

1. Define the following terms, provide the function of each term, and predict how each value will change when measured following exercise compared to values recorded at rest. Explain your prediction for each.

SBP	Increase	Decrease	No change
What is it?			
DBP	Increase	Decrease	No change
What is it?			
HR	Increase	Decrease	No change
What is it?			
MAP	Increase	Decrease	No change
What is it?			
SV	Increase	Decrease	No change
What is it?			
CO	Increase	Decrease	No change
What is it?			
TPR	Increase	Decrease	No change
What is it?			
TV	Increase	Decrease	No change
What is it?			
ERV	Increase	Decrease	No change
What is it?			
IRV	Increase	Decrease	No change
What is it?			
RV	Increase	Decrease	No change

Name: _____

What is it?			
T_{vent}	**Increase**	**Decrease**	**No change**
What is it?			
IC	**Increase**	**Decrease**	**No change**
What is it?			
FRC	**Increase**	**Decrease**	**No change**
What is it?			
VC	**Increase**	**Decrease**	**No change**
What is it?			

2. How do the cardiovascular and respiratory systems in the body respond to exercise? Why do they respond this way?