🏃 Exercise Lab

Biology A · Unit 5 · Level 1



Name: _____

A2 Exercise Lab: breathing rate, heart rate, and CO2 (BTB) at rest and after 2 minutes of exercise.

🧺 Lab stuff: get it. Check ☐.

- ☐ 🥛 **20 mL** water in a 150 mL beaker
- ☐ 🔵 **8 drops** BTB (staff adds)
- ☐ 🥤 **1** straw (blow OUT only)
- ☐ ⏱️ **1** timer

🌱 Do one box. Check ☐ it.

1. 🪑 **Rest**. Count breaths (staff helps). ☐
2. ❤️ Feel my **heartbeat**. ☐
3. 🏃 **Move** for 2 minutes. ☐
4. ❤️ Count **again**. Faster? ☐
5. 🟡 Watch BTB turn **yellow**. ☐
6. 📝 Circle faster or slower. ☐

📋 **Circle.**

After moving, breathing: ⬆️ faster ⬇️ slower

After moving, heart: ⬆️ faster ⬇️ slower

BTB turned: 🟡 yellow 🔵 stayed blue