🏃 Exercise Lab

Biology A · Unit 5 · Level 2



Name: _____

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

🧺 Lab stuff

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

🌱 Steps: check each box when you finish

1. 🪑 **At rest**: count breaths for 30 seconds, ×2 = breaths per minute. ☐
2. ❤️ **At rest**: count heartbeats for 30 seconds, ×2. ☐
3. 🟡 **At rest**: time how long BTB takes to turn yellow (blow OUT gently). ☐
4. 🏃 **Exercise** 2 minutes (your OK'd move). ☐
5. ❤️ **Right away**: breaths and heartbeats again. ☐
6. 🟡 **Time** the BTB again. ☐
7. 📊 **Compare**: what went up? What went faster? ☐

📋 Data table

Test	At rest	After exercise
Breaths per minute		
Heartbeats per minute		
Seconds for BTB to turn yellow		

One trial is OK (her lab does 3 and averages).