Biology A · Unit 5 · Level 2

Exercise Lab



TODAY'S PLAN

- 👥 Jobs
- ⚠️ Safety
- 🌱 Steps
- ✅ Check
- 📝 Reflect

Get ready

Jobs



Timer

Times 30 seconds for counts and 2 minutes of exercise.



Counter

Counts breaths or heartbeats (or uses a pulse sensor/watch).



Color checker

Watches the BTB and says “yellow!” (staff may do the blowing).



Recorder

Writes the numbers in the table.

Safety

Be Safe



🥤 Blow OUT through the straw. Never suck in. Do not drink BTB.

🥽 Goggles on. BTB can sting eyes.

🏃 Exercise only the way your IEP/504 and staff say is OK. Any move counts: arm circles, chair march, walking.

💧 Drink water after. Tell staff if you feel dizzy.

Steps

Steps 1 of 2



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).

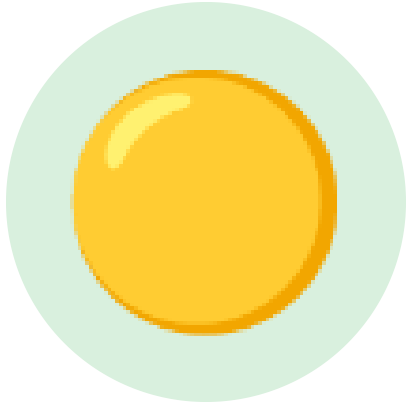
Steps

Steps 2 of 2



1. ❤️ **Right away**: breaths and heartbeats again.
2. 🟡 **Time** the BTB again.
3. 📊 **Compare**: what went up? What went faster?

🃏 Check 1 of 2



BTB turns yellow faster after exercise because…

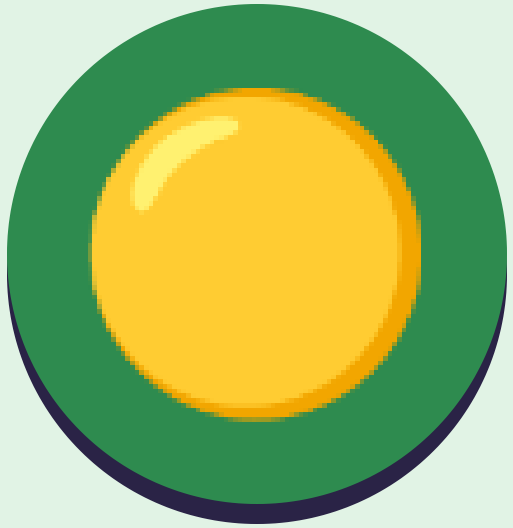
Hold up 1, 2, or 3:

1️⃣ More carbon dioxide is breathed out

2️⃣ The water is warmer

3️⃣ There is less BTB

✅ Answer · Card 1 of 2



More carbon dioxide is breathed out

More respiration = more CO2.

🃏 Check 2 of 2



Exercise makes cellular respiration…

Hold up 1, 2, or 3:

1️⃣ Stop

2️⃣ Go slower

3️⃣ Go faster



Go faster

Muscles need more ATP.

Wrap-Up

Clean Up + Reflect



- 🥤 Straws away
- 🧼 Wash hands
- 📝 Data + reflection