

RHS 514

Lab 1 - Work Sheet

HR & BP Responses to Leg Ergometer & Step Test				
Variable	Partü þant ro 1 Initü : 2	Partü þant ro 2 Initü : 2	Partü þant ro 3 Initü : 2	Partü þant ro 4 Initü : 2
Weight kg				
Height cm				
BMI (<i>calculated</i>)				
Restig HR 2				
Restig BP 2				
Predicted HR max (<i>calculated</i>)				
<hr/>				
Bicycle- HR min 1				
Bicycle- HR min 2				
Bicycle- HR min 3				
Bicycle- HR min 4				
Bicycle- HR min 5				
Bicycle-Recovery HR min 1				
Bicycle-Recovery HR min 2				
Bicycle-Recovery HR min 3				
Bicycle- BP End of Exercise				
Bicycle- BP End of recovery min 1				
Bicycle- BP End of recovery min 3				
Bicycle HR Reserve (HR max – HR at End Exercise)				
<hr/>				
Stepping- HR min 1				
Stepping - HR min 2				
Stepping - HR min 3				
Stepping -Recovery HR min 1				
Stepping -Recovery HR min 2				
Stepping -Recovery HR min 3				
Stepping - BP End of Exercise				
Stepping - BP End of recovery min 1				
Stepping - BP End of recovery min 3				
Stepping HR Reserve (HR max – HR at End Exercise)				