7-7-2011

4th Graders Write Their First Lab Report - PhUn Week Poster Session EB 2011

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PhUn Hands-on Activities

Day 1- Physiologist Visit

Introduction
• Discussion topics: what is a physiologist, education and careers, how the cardiovascular and respiratory systems work together, and the scientific method.
• A hypothesis for their experiment was created.
  • Hypothesis: Heart rate and respiration rate increases with exercise.
• The students measured their resting heart rate and respiration rate.
• All information was recorded on the lab report sheets.

Day 2- Physiologist Visit

The experiment and data analysis
• The class worked in pairs, one exercised for five minutes while the other cheered them on
• At the end of exercise, the exercising student took their own heart rate while their partner measured their respiration rate. They then switched roles.
• They graphed their class data, individually.
• The histograms were projected to the class.
• Results were discussed as a group The students determined their hypothesis was proven.
• Lab reports were passed in for a grade.

Figure 1 Very happy students after a PhUn week.

Figure 2 A copy of the lab report sheets the students completed. The first day, # 1-5 were completed. The second day, #6 and 7 were completed along with the four histograms.

Figure 3 An example of class data represented in a histogram. Students created 4 histograms: Resting heart rate, Resting respiration rate, Heart rate after exercise and Respiration rate after exercise.

Figure 4 Each student sent a thank you note. This one included a picture of them creating their histograms after the completion of their experiment.

Figure 5 Don’t forget to submit an article and a picture to your local paper. The students love seeing their pictures in the paper. This was also posted outside the school office.