

Name: _____

Date: _____

Regents Review #11 PART 10: EXERCISE LABS

Test Lesson

Lab 1: Working Connections

- When we exercise, our heart rate and blood rate increase. As a result, our blood flow increases. Our breathing rate also increases.
- This is because our muscle cells need more oxygen and glucose to make ATP via cellular respiration.
- Respiration
- Our organ systems work together to maintain homeostasis in a dynamic equilibrium.
- **ALWAYS THE DIFFERENT BODY SYSTEMS THAT WORK TOGETHER DURING EXERCISE AND HOW THEY INTERACT!**
- Muscle fatigue (tiredness) is mainly caused by two factors:
- Lactic acid muscle cramps.

Controlled Experiment: The effect of exercise on mitochondrial respiration rate

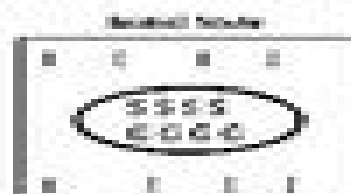
- Control group
- Experimental Group
- Independent Variable:
- Dependent Variable:
- Constants:

Lab 2: Diffusion Through A Membrane

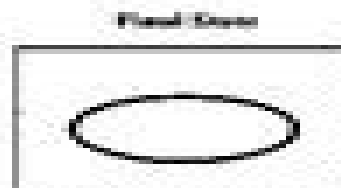
Part 1: Diffusion Through a cell

- Membranes may allow some molecules to pass through while not allowing others (selectively permeable).
- _____ (water, glucose, carbon dioxide, oxygen, amino acids, hormones)
- small to move from high to low concentrations without the use of energy (diffusion).
- Red blood cells:

They are small molecules that can diffuse across the cell membrane.



I = indicator
S = starch
G = glucose



- Because of the difference in concentration, each indicator diffuses in and glucose diffuses out.
- Starch cannot diffuse because:
- This shows that importance of breaking down large molecules inside the digestive system in order for nutrients to enter the bloodstream.

Indicators:

Indicator (color and what)	Tests for the presence of	Positive result color
Biuret's Indicator Solution	Protein	Pink/Purple
Benedict's Blue solution (Sugar test kit)	Glucose	Orange/Red

Part 2: Osmosis

- _____: Causes the cell to LOSE water, which results in the CELL SHRINKING.
- _____: Causes the cell to GAIN water which makes the cell GET BIGGER and more turgid.

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