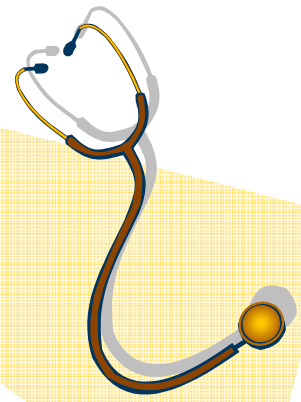


Smoking Aerobics



QUESTION: How does smoking impact a person's everyday physical activities?

MATERIALS:

- drinking straw (large diameter)
- drinking straw (small diameter)
- stop watch

PROCEDURE:

1. Take your pulse to determine your resting heart rate. Record this in the Data sheet.
2. Jog in place for 10 minutes. After the 10 minutes take your pulse to determine your heart rate. Record your heart rate in the Data section.
3. Rest for several minutes, until your heart rate returns to your resting heart rate that you determined in Step 1.
4. Repeat Step 3 while breathing through the large diameter straw. After the 10 minutes take your pulse to determine your heart rate. Record your heart rate in the Data section.
5. Again, rest for several minutes until your heart rate returns to your resting heart rate.
6. Repeat Step 3 again. This time use the small diameter straw. After the 10 minutes take your pulse to determine your heart rate. Record your heart rate in the Data section.

DATA:

EXPERIMENTAL CONDITION	HEART RATE (beats per minute)
Unrestricted breathing	
Restricted breathing (large straw)	
Restricted breathing (small straw)	

HS – Activity #5

QUESTIONS:

1. What was the difference between your unrestricted breathing heart rate and your restricted breathing heart rate?
2. Describe the difference between how you felt exercising with unrestricted breathing and when you exercised with restricted breathing?
3. Why did breathing through the straw increase your heart rate?
4. Chronic bronchitis and emphysema are two conditions that can be caused by smoking. How do each of these conditions affect breathing?
5. What would you advise a teen who is considering smoking but wants to do well in active sports, such as football, soccer, or basketball? Why?