

laboratory 3.3

due 09/09/2024
 submission of your solution
 is compulsory

name (surname, name)

name (surname)

Online testing: Target Heart Rate

During testing, your doctor provides you with instructions about how to calculate your maximum heart rate based on your age. Your doctor gives you the following formula to calculate your target heart rate during your training at 60-80% of your maximum heart rate. The 60-80% corresponds to moderate physical exertion and is generally recommended for cardiovascular health and weight management.

The heart rate (beats per minute) is calculated using the following formula: $HR_{max} = 220 - age$, where HR_{max} is the maximum heart rate and age is the age in years.

Age (years)	Maximum Heart Rate (HR_{max})	Target Heart Rate Range (60-80% of HR_{max})	Target Heart Rate Range (beats per minute)
20	200	60-80%	120-160
30	190	60-80%	114-153
40	180	60-80%	108-144
50	170	60-80%	102-136
60	160	60-80%	96-128
70	150	60-80%	90-120
80	140	60-80%	84-112

The target heart rate is typically used to monitor your cardiovascular fitness.

Write a function `targetHeartRate` that takes an integer `age` as input and returns a list of two integers.

Example: `targetHeartRate(20)` returns `[120, 160]`.

Write a function `targetHeartRateRange` that takes an integer `age` as input and returns a list of two integers representing the target heart rate range.

Example: `targetHeartRateRange(20)` returns `[120, 160]`.

Example: `targetHeartRateRange(30)` returns `[114, 153]`.

Example: `targetHeartRateRange(40)` returns `[108, 144]`.

Example: `targetHeartRateRange(50)` returns `[102, 136]`.

Example: `targetHeartRateRange(60)` returns `[96, 128]`.

Example: `targetHeartRateRange(70)` returns `[90, 120]`.

Example: `targetHeartRateRange(80)` returns `[84, 112]`.

Laboratory Exercise 4 structure Of The Heart

William M. Sullivan, Matthew S Rosin



Laboratory Exercise 4structure Of The Heart:

Exercises for the Anatomy & Physiology Laboratory Erin C. Amerman, 2019-02-01 This concise inexpensive black and white manual is appropriate for one or two semester anatomy and physiology laboratory courses It offers a flexible alternative to the larger more expensive laboratory manuals on the market This streamlined manual shares the same innovative activities based approach as its more comprehensive full color counterpart Exploring Anatomy Physiology in the Laboratory 3e

The Loose Leaf System of Laboratory Notes, for Guidance in the Dissection and Elementary Study of Animal Types Theo. H. Scheffer, 1906

Laboratory Exercises in Anatomy & Physiology with Cat Dissections Gerard J. Tortora, 1985

Laboratory Exercises in Anatomy and Physiology with Cat Dissections Gerard J. Tortora, Robert B. Tallitsch, 2000 Aimed at undergraduate and pre professional students enrolled in either a one or two semester or quarter Human Anatomy and Physiology course that includes cat dissections as part of the laboratory experience This laboratory manual follows a body systems approach and features coverage of structures and use of the scientific method

Biopac Laboratory Exercises Richard G. Pflanzner, 2004-01-22

Human Anatomy and Physiology John W. Hole, 1990

A New Agenda for Higher Education William M. Sullivan, Matthew S Rosin, 2008-04-04 In A New Agenda for Higher Education the authors endorse higher education s utility for enhancing the practical as well as intellectual dimensions of life by developing a third different conception of educational purpose Based on The Carnegie Foundation for the Advancement of Teaching seminar that brought together educators from six professional fields with faculty from the liberal arts and sciences A New Agenda for Higher Education proposes an educational aim of practical reason focusing on the interdependence of liberal education and professional training

Krause's Food & the Nutrition Care Process L. Kathleen Mahan, Sylvia Escott-Stump, Janice L. Raymond, Marie V. Krause, 2012-01-01 The most respected nutrition text for more than 50 years Krause s Food the Nutrition Care Process delivers comprehensive and up to date information from respected educators and practitioners in the field The latest recommendations of the Dietary Guidelines for Americans 2010 new and expanded chapters and a large variety of tables boxes and pathophysiology algorithms provide need to know information with ease making this text perfect for use in class or everyday practice Clear logical organization details each step of complete nutritional care from assessment to therapy UNIQUE Pathophysiology algorithms clarify the illness process and to ensure more effective care New Directions boxes reflect the latest research in emerging areas in nutrition therapy Focus On boxes provide additional detail on key chapter concepts Clinical Insight boxes and Clinical Scenarios with detailed Sample Nutrition Diagnosis statements help ensure the most accurate and effective interventions in practice Key terms listed at the beginning of each chapter and bolded within the text provide quick access to important nutrition terminology More than 1 000 self assessment questions on a companion Evolve website reinforce key textbook content Reorganized table of contents reinforces the Nutrition Care Process structure endorsed by the American Dietetic Association ADA New recommendations

reflect a comprehensive approach to diet and nutrition that incorporates the Dietary Guidelines for Americans 2010 the MyPyramid food guide and the Eating Well with Canada's Food Guide recommendations MNT for Thyroid Disorders chapter details important nutrition considerations for managing thyroid disorders New calcium and vitamin D Dietary Recommended Intakes DRIs improve monitoring of nutrient intake Expanded Nutrition in Aging chapter includes assessment and nutritional care guidelines for the growing elderly patient population Growth grids for children detail proper patient nutrition during infancy and early childhood Extensively revised MNT for Food Allergies chapter highlights the importance of food allergy management in clinical nutrition therapy Updated appendices enhance assessment accuracy with the latest laboratory findings and normal values

Laboratory Investigations for Biology Jean Dickey, 1995 An investigative approach actively involves students in the process of scientific discovery by allowing them to make observations devise techniques and draw conclusions Twenty carefully chosen laboratory topics encourage students to use their critical thinking skills to solve problems using the scientific method

Krause's Food & the Nutrition Care Process - E-Book L. Kathleen Mahan, Sylvia Escott-Stump, 2011-08-25 The most respected nutrition text for more than 50 years Krause's Food and the Nutrition Care Process delivers comprehensive and up to date information from respected educators and practitioners in the field The latest recommendations include the new MyPlate guide the Dietary Guidelines for Americans 2010 new and expanded chapters and a large variety of tables boxes and pathophysiology algorithms all providing need to know information with ease New co editor Janice L Raymond joins L Kathleen Mahan and Sylvia Escott Stump and nearly 50 leading educators researchers and practitioners in writing a nutrition text that's ideal for use in class or everyday practice Expert contributors include nearly 50 nationally recognized writers researchers and practitioners each writing on their area of specialization Clear logical organization details each step of complete nutritional care from assessment to therapy UNIQUE Pathophysiology algorithms clarify the illness process and to ensure more effective care New Directions boxes reflect the latest research in emerging areas in nutrition therapy Focus On boxes provide additional detail on key chapter concepts Clinical Insight boxes and Clinical Scenarios with detailed Sample Nutrition Diagnosis statements help ensure the most accurate and effective interventions in practice Key terms listed at the beginning of each chapter and bolded within the text provide quick access to important nutrition terminology More than 1 000 self assessment questions on a companion Evolve website reinforce key textbook content New recommendations reflect a comprehensive approach to diet and nutrition that incorporates the USDA's MyPlate guide Dietary Guidelines for Americans 2010 and the Eating Well with Canada's Food Guide recommendations Reorganized table of contents reinforces the Nutrition Care Process structure endorsed by the American Dietetic Association ADA MNT for Thyroid Disorders chapter details important nutrition considerations for managing thyroid disorders New calcium and vitamin D Dietary Recommended Intakes DRIs improve monitoring of nutrient intake Expanded Nutrition in Aging chapter includes assessment and nutritional care guidelines for the growing elderly patient population Growth grids

for children detail proper patient nutrition during infancy and early childhood Extensively revised MNT for Food Allergies chapter highlights the importance of food allergy management in clinical nutrition therapy Updated appendices enhance assessment accuracy with the latest laboratory findings and normal values Part - Anatomy & Physiology Laboratory Manual - E-Book Kevin T Patton, PhD,2014-12-02 Effectively master various physiology dissection identification and anatomic explorations in the laboratory setting with the Anatomy Physiology Laboratory Manual 9th Edition This practical full color lab manual contains 55 different A P lab exercises that cover labeling anatomy identification dissection physiological experiments computerized experiments and more The manual also includes safety tips a comprehensive instruction and preparation guide for the laboratory and tear out worksheets for each of the 55 exercises In addition 8 e Lab modules offer authentic 3D lab experiences online for virtual lab instruction 8 interactive eLabs further your laboratory experience in the digital environment Complete list of materials for each exercise offers a thorough checklist for planning and setting up laboratory activities Over 250 illustrations depict proper procedures and common histology slides Step by step guidance for dissection of anatomical models and fresh or preserved specimens with accompanying illustrations helps you become acclimated to the lab environment Physiology experiments centering on functional processes of the human body offer immediate and exciting examples of physiological concepts Easy to evaluate tear out lab reports contain checklists drawing exercises and questions that help you demonstrate your understanding of the labs they have participated in Reader friendly spiral binding allows for hands free viewing in the lab setting Labeling and coloring exercises provide opportunities to identify critical structures examined in the lab and lectures Brief learning aids such as Hints Landmark Characteristics and Safety First are found throughout the manual to help reinforce and apply knowledge of anatomy and function Modern anatomical imaging techniques such as MRIs CTs and ultrasonography are introduced where appropriate Boxed hints and safety tips provide you with special insights on handling specimens using equipment and managing lab activities UPDATED Fresh activities keep the manual current and ensure a strong connection with the new edition of the A P textbook NEW Updated illustrations and design offer a fresh and upbeat look for the full color design and learning objectives NEW Expanded and improved student resources on the Evolve companion website include a new version of the Body Spectrum electronic coloring book **Structure-function Histology** ,1997 Laboratory Manual for Human Biology Bert Atsma,Sandra Hsu,2007-02 Designed for the one semester human biology course this full color manual offers activities for 23 laboratory sessions in a variety of formats to allow the instructor to customize these exercises to the needs of their course The lab manual s depth of coverage invites students to explore fundamental concepts of human biology in a laboratory setting Laboratory Manual for Anatomy & Physiology Michael G. Wood,2005 Michael G Wood s straightforward and complete lab manual guides students through hands on exercises that reinforce concepts they ve learned in their anatomy physiology lecture course The full color illustrations and step by step instructions are designed to help students visualize

structures understand three dimensional relationships and comprehend complex physiological processes Many of the illustrations are the same as the illustrations by William Ober and Claire Garrison that appear in Martini Fundamentals of Anatomy Physiology Seventh Edition making this lab manual a perfect companion to that textbook **Learn Psychology** Dr. Kenneth E Carter, Dr. Colleen M Seifert, 2012-03-23 Learn Psychology offers a comprehensive yet accessible presentation of psychology principles research and theory Each chapter is carefully structured to cover the topics and concepts of a standard introductory psychology course with associated learning objectives and assessments Multiple influences are discussed at the end of each chapter wrapping up the chapter presentation With Learn Psychology students will find an engaging writing style supported by a pedagogical approach that invites critical analysis all while building a deeper knowledge of psychology Important Notice The digital edition of this book is missing some of the images or content found in the physical edition

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