

Purpose: Monitor one of the changes that occur in the body in response to a stressful, although not life-threatening, situation.

Safety

Do not take the role of the subject in this activity if you have an underlying medical condition, such as high or low blood pressure, that is made worse by stress.

Materials

- test questions
- stopwatch

Procedure

1. Work with a partner. One person will be the subject, and the other partner will be the tester.
2. The tester will obtain a stopwatch from your teacher. The subject will sit at a desk for 1 min with eyes closed and taking deep, relaxing breaths.
3. At the end of the relaxation period, the tester will take and record the subject's pulse over 1 min.

Pulse: _____

4. The tester will obtain a test from your teacher. The tester will give the test to the subject, who will have 2 min to complete the test.
5. Start the stopwatch when the subject starts the test.
6. At the end of the 2 min, shout "time's up!" and immediately take and record the subject's pulse over 1 min.

Pulse: _____

Analysis

1. Calculate the subject's pulse rate (beats per min) before and after writing the test. Did the pulse rate change?
2. List the main physiological changes that occurred in the subject while writing the test. (**Hint:** See Chapter 11, page 397.)

