

Assignment

Name: _____

1) Your Breathing Rate:

Find your resting breathing rate by counting the number of inspirations: _____ bpm.

Is it within the normal range? Why or why not?

2) Oxygen Perfusion

Find your oxygen saturation level, using the pulse oximeter: SpO₂ = _____ %

Is it within the normal range of 96-99%? Why or why not?

3) Active Breathing Rate

Do some physical activity (run or jumping jacks, etc.) for exactly one minute.

a) Time how long it takes before you have to increase your breathing rate:

b) Find your breathing rate after a minute of activity: _____

c) Find your oxygen saturation level after a minute of activity, using the pulse oximeter: SpO₂ = _____ %

d) Time how long it takes your breathing rate to return to normal:

Why don't you need more oxygen immediately when your body starts an activity?

Why is your breathing rate and SpO₂% after the one minute the way they are?

Is your recovery time within the normal range? Why or why not?

4) Oxygen Perfusion Change

A. Breath Holding

Hold your breath for 40 seconds (not longer) and record the SpO₂% every 10 seconds, including another 40 seconds after you take a breath.

B. Elevation

Put your hand (with the monitor on) up in the air for 40 seconds and record the SpO₂% every 10 seconds, including another 40 seconds after you put your arm down.

C. Activity

Complete one minute of physical activity and record the SpO₂% every 15 seconds, including another minute after you stop.

D. Choice

Try doing something else that you think might have an effect on your oxygen level, and record the results.

What did you do? _____

Conclusions

Which activity had the greatest effect on your oxygen perfusion?

How might this reading be useful in a first aid context?

Your goals:

What specific goals could you have to improve your own respiratory fitness level?
