

Lab 11: Metabolism - Caloric Budget

Name: __

1. ending volume O₂ - initial volume O₂ = ____ liters O₂ absorbed during 3 minute trial
2. ____ liters O₂ absorbed per minute
3. ____ liters O₂ absorbed per hour
4. ____ ____ ____ liters O₂ per hour at STP
5. ____ ____ ____ Calories burned per hour
6. body surface area = ____ ____ ____ m²
7. BMR = ____ Calories / hr·m²
8. How does your (complicated, measurement-based) estimate compare to the estimate provided by the table?
9. Why is the BR of males higher than that of females?
10. Why is the BR of younger people higher than that of older people?
11. Subtract the intake from the expenditure - based just on your caloric intake and expenditure, were you losing or gaining over the 24 hour period?
12. How many days would it take for the described person to lose 5 pounds?
13. How many days will it take to gain 5 pounds under the described circumstances?