

Lab 11: Metabolism - Caloric Budget

1. ending volume O_2 – initial volume O_2 = _____ liters O_2 absorbed during 3 minute trial
2. _____ liters O_2 absorbed per minute
3. _____ liters O_2 absorbed per hour
4. _____ liters O_2 per hour at STP
5. _____ Calories burned per hour
6. body surface area = _____ m^2
7. BMR = _____ Calories / $hr \cdot m^2$
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?