**Bio211 Biostatistics and Experimental Design Winter Term 2018**

**Lab 1 Human Physiology**

**January 8, 2018**

Goals: Create a dataset we can use to explore introductory statistics terms and ideas

Protocol:

Each student will be assigned to one of four treatments:

1. Walk UP the stairs only (take the elevator down)

2. Walk DOWN the stairs only (take the elevator up)

3. Walking around the 4th floor

4. Stay seated in the room

**Before** and **after** the three minutes of walking or sitting, record your heart rate for 30 seconds and breath rate for 1 minute.

We will also record the following data for each person: gender, if you play on a sports team (yes or no), number of times you work out per week, and overall physical condition (poor, average, good, or great).

**Record your data in the Google sheet!**