

Science 30	Unit A: Biology
Lesson 1 - Introduction to Maintaining Health	84 mins

### Maintaining Health

<p>Chapter 1 Focus on two major systems</p> <ul style="list-style-type: none"> <li>- Circulatory System</li> <li>- Immune System</li> </ul> <p>Chapter 2 Focus on Genetics and Traits</p>	<p>System comprised of mostly blood and the heart Body's self defence system</p> <p>A more involved look then Grade 9</p>
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### Chapter 1

ACTIVITY: Get your Heart Rate Up	<p>Check your heart rate compared to classes in 3 scenarios:</p> <ul style="list-style-type: none"> <li>- At Rest</li> <li>- Right After Exercise</li> <li>- Every 2 minutes after</li> </ul>
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### Analysis:

1. Compare your resting heart rate with the class average. Should a difference between heart rates alarm you?
2. List some factors that might contribute to the difference in resting heart rates among class members.
3. Describe how your heart rate changed during exercising, and relate how it was altered after you stopped.
4. How long did it take for your heart rate to return to its resting rate? Compare your time to recover with that of other people.
5. Explain why it is necessary for each class member to perform the same exercise for the same length of time.
6. Include in your health file your resting heart rate, your heart rate during exercise, and your recovery time.