

HOMEOSTASIS STATIONS!

Name _____



Station 1

1. Why does your heart rate increase during exercise?
2. What two body systems deliver oxygen to your muscles during exercise?
3. Describe how the resting & exercising heart rate is different for the athlete, average & couch potato.
4. Why is homeostasis different for our three individuals?

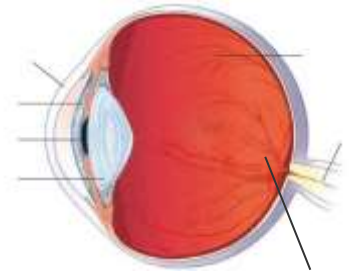
Station 2

5. **Eye Anatomy:** Label the eye.

6. Jory is colorblind what part of her eye does not work correctly?

7. According to Jacob's driver license he is not allowed to drive at night.

What part of Jacob's eye does not function correctly making it so he cannot see as well in the dark?



8. **Pupillary Reflex:** How did the pupil and iris respond after 1 minute of darkness?

9. How is the pupil reflex of adjusting to various amounts of light representing homeostasis?



Station 3

10. How do you think a desert plant uses stomata to help regulate transpiration?

11. Draw a picture above of stomata that has guard cells filled with water.

12. Draw a picture above of stomata that has guard cells that do not have enough water

12. How do stomata opening and closing help maintain homeostasis?

13. Average # of stomata on a field of view= Stomata per mm= #of stomata on your leaf=

Station 4

14. What process helps your body to maintain a stable internal environment even though your external environment is constantly changing?

15. Why does the pancreas secrete insulin into the bloodstream?

16. Why did the person in the story become tired?

17. How does eating a healthy snack make it easier for your body to maintain homeostasis?



18. According to the scenario...

How do you feel after eating a sugary snack?	How do you feel after eating a healthy snack?
--	---

19. According to the video how can you reduce your risk of gaining weight and improve your overall health?

Station 5

20. What is the function of the heart?

21. Why do your cells need blood?

Names (You and your partner)	Heart Rate BEFORE	Heart Rate After	Time to return to homeostasis (or return to resting heart rate)

22. Why does your heart rate change during exercise?

23. Why are some people's heart rates slower than others during exercise?



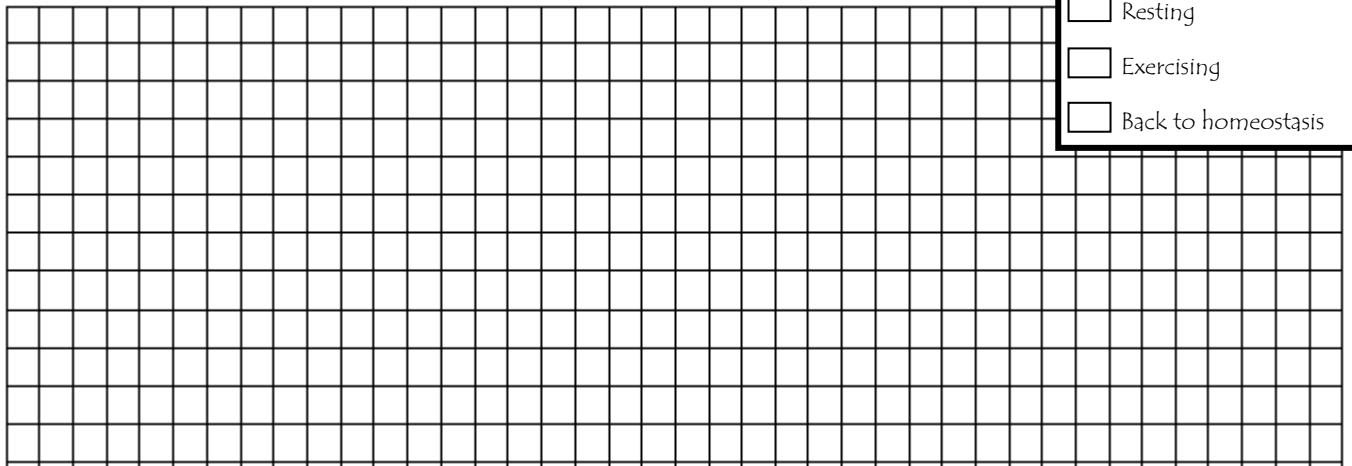
Legend

Resting

Exercising

Back to homeostasis

Beats per Minute



Time in Minutes