BIOFEEDBACK

- Relaxation and Arousal

DATA REPORT

Student’s Name: 
Lab Section: 
Date: 

Subject Profile

Name: 
Height: 
Age: 
Gender: Male / Female 
Weight: 

I. Data and Calculations

A. Table 14.1

<table>
<thead>
<tr>
<th>Calculation</th>
<th>CH/Measurement</th>
<th>Relaxation Data</th>
<th>Arousal Data</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Min. Heart Rate</td>
<td>41 Value</td>
<td></td>
<td></td>
<td>BPM</td>
</tr>
<tr>
<td>Max. Heart Rate</td>
<td>41 Value</td>
<td></td>
<td></td>
<td>BPM</td>
</tr>
<tr>
<td>Min. EDA</td>
<td>42 Value</td>
<td></td>
<td></td>
<td>microsiemens</td>
</tr>
<tr>
<td>Max. EDA</td>
<td>42 Value</td>
<td></td>
<td></td>
<td>microsiemens</td>
</tr>
<tr>
<td>Mean Heart Rate</td>
<td>41 Mean</td>
<td></td>
<td></td>
<td>BPM</td>
</tr>
<tr>
<td>Mean EDA</td>
<td>42 Mean</td>
<td></td>
<td></td>
<td>microsiemens</td>
</tr>
</tbody>
</table>

II. Questions

B. Based on the data from Table 14.1, did the effects of the parasympathetic nervous system change with biofeedback? Explain the physiological mechanisms causing the results.

__________________________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________________________

C. Describe a biofeedback program for “stress management.” Include details such as the physiological variable(s) you would measure, the transducers needed, and your criterion for a successful training program.

__________________________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________________________
D. Name the branches of the autonomic nervous system and explain their function.

[Student's answers]

E. Define Biofeedback and explain in general terms how it works.

[Student's answers]

F. What change, if any, did your EDA recording show when you were aroused? Relaxed?

[Student's answers]

G. Why is EDA a useful measure for biofeedback training?

[Student's answers]
III. OPTIONAL Active Learning Portion

A. Hypothesis


B. Materials


C. Method


D. Set Up


E. Experimental Results


End of Lesson 14 Data Report