

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

Calculation	CH/Measurement	Relaxation Data	Arousal Data	Units
Min. Heart Rate	41 Value			BPM
Max. Heart Rate	41 Value			BPM
Min. EDA	42 Value			microsiemens
Max. EDA	42 Value			microsiemens
Mean Heart Rate	41 Mean			BPM
Mean EDA	42 Mean			microsiemens

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.

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

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

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

III. OPTIONAL Active Learning Portion

A. *Hypothesis*

B. *Materials*

C. *Method*

D. *Set Up*

E. *Experimental Results*
