Asgt in lieu of Exam (2016)

Option 1: Constructing an HRV Profile and Plan

ASGT: I suggest you Develop an HRV Personal Profile and Plan for yourself and/or another. To aid in that you may download the "My Personal HRV and Breathing Profile form" and my "HRV Flexibility" 4 page guide. Starting with today’s monitoring, begin to gather HR and HRV data on yourself and/or another person, review slides as needed and consider reading any of the many articles or other sources listed in the library for this class that are related to day 1 (HR & HRV Time Domain) and day 2 (HRV Frequency Domain, Assessment Protocols, Applications, and Treatment Planning) and your interests. While it is not a requirement to read these, they can give you many ideas for planning an HRV program for yourself or a client. (The reporting of this does not have to be a polished report. The intent of this is to get you engaged in gathering data, interpreting it and exploring how you can use it to your benefit or the benefit of a client.)

I. Gather, record, store & print data and screen captures of HR, HRV Time and Spectral data along with ETCO₂ and if possible SpO₂ on yourself and/or another person in a variety of situations (resting, during cognitive tasks while not looking at the graphs, during physical activity, or performance, while stressed like while angry, anxious, or depressed, while excited, while in a state of appreciation or gratitude or compassion or love, and while meditating or deeply relaxing and any other state of interest, including your Resonant Frequency breathing rate. See Assignments folder for sample EXERCISES you could do. Feel free to modify any of these to fit your or your “client’s” needs.

II. Prepare a REPORT:

A. include: data and If you can. Print and label your findings and attach them to the Personal HRV Profile one page form or put them in some similar report. If you cannot print data or screen captures, at least note beginning and ending readings and data accompanying any activity you are monitoring. Note what instrumentation and what software and version was used.

B. Compare and contrast this data with age, sex, and health norms as best you can.

C. Identify a Treatment or Goal Plan and how to meet it (there will be more later on this in Day 2 with tips)

D. Briefly note any resources you read to help in your understanding, interpretation and planning.