Asgt in prep for Exam part I

ASGT - Begin to gather HR and HRV data on yourself and another person, review slides as needed and consider reading the articles (next page) related to today's class and any of the many articles listed in the library for this class.

EXAM Part I: Develop a HRV Personal Profile for yourself and another (download My Personal HRV and Breathing Profile form):

A. 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 another 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.

B. Print and label your findings and attach them to the Personal Profile 1 p form or put them in some similar report.

C. Compare and contrast this data with age, sex, and health norms.

D. Identify a Treatment or Goal Plan and how to meet it (more later on this).