

Human Physiology Monday

The Effects of Posture on Heart Rate and Blood Pressure

Table 1: The Cardiovascular Effects Posture on HR

Student	Supine Heart Rate	Standing Heart Rate
1	78	90
2	84	90
3	60	56
4	84	100
5	60	68
6	52	73
7	96	96
8	84	100
9	84	104
10	80	64
11	78	108
12	84	102
13	62	90
14	96	54
15	60	81
16	84	98
17	90	80
18	60	80
19		
20		
21		
22		
23		
24		
25		
Average HR	76.4	85.2

Table 2: Cardiovascular Effects on Blood Pressure

Student	Supine Blood Pressure		Standing Blood Pressure	
	Supine SBP	Supine DBP	Standing SBP	Standing DBP
1	120	80	140	90
2	120	80	140	90
3	122	74	128	76
4	130	76	135	90
5	115	75	133	89
6	117	76	128	88
7	130	80	110	60
8	120	70	130	70
9	105	60	120	65
10	100	50	125	70
11	110	70	150	80
12	110	50	150	80
13	104	89	140	110
14	104	66	115	95
15	110	68	135	87
16	124	86	134	91
17	120	80	140	90
18	110	70	120	80
19				
20				
21				
22				
23				
24				
25				
Average	115.1	72.2	131.8	83.4

Table 3: Summary

Summary	Fast postural change		T-test P Value
	Supine	Standing	
Heart Rate mean	76.4	85.2	0.026
SBP Mean	115.1	131.8	0.0001
DBP mean	72.2	83.4	0.0003

