

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	84	100
2	84	88
3	92	104
4	96	88
5	80	100
6	80	100
7	55	75
8	72	148
9	60	84
10	66	78
11	60	84
12	90	162
13	72	84
14	62	70
15	84	96
16	84	120
17	81	104
18	86	115
19		
20		
21		
22		
23		
24		
25		
Average HR	77.1	100.0

Table 2: Cardiovascular Effects on Blood Pressure

Student	Supine Blood Pressure		Standing Blood Pressure	
	Supine SBP	Supine DBP	Standing SBP	Standing DBP
1	125	84	121	72
2	130	82	122	72
3	125	60	135	80
4	125	90	140	90
5	126	96	140	102
6	120	80	145	100
7	127	73	163	85
8	117	75	135	85
9	115	78	120	96
10	136	83	154	96
11	118	74	126	86
12	98	64	120	92
13	121	82	130	74
14	115	82	123	78
15	120	83	135	90
16	122	81	130	85
17	98	62	115	95
18	120	82	128	95
19				
20				
21				
22				
23				
24				
25				
Average	119.9	78.4	132.3	87.4

Table 3: Summary

Summary	Fast postural change		T-test P Value
	Supine	Standing	
Heart Rate mean	77.1	100.0	0.00012
SBP Mean	119.9	132.3	0.00004
DBP mean	78.4	87.4	0.004

