

Human Physiology Tuesday

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	66	72
2	72	84
3	71	87
4	40	60
5	72	96
6	72	102
7	96	108
8	78	60
9	76	112
10	60	78
11	84	114
12	92	108
13	66	84
14	60	78
15	87	93
16	100	126
17	103	105
18	80	100
19	90	100
20		
21		
22		
23		
24		
25		
<b>Average HR</b>	<b>77.1</b>	<b>93.0</b>

**Table 2: Cardiovascular Effects on Blood Pressure**

Student	Supine Blood Pressure		Standing Blood Pressure	
	Supine SBP	Supine DBP	Standing SBP	Standing DBP
1	110	68	118	72
2	122	76	118	78
3	119	79	125	85
4	110	69	121	89
5	112	70	125	84
6	114	74	130	88
7	140	78	140	82
8	118	72	132	82
9	126	68	142	82
10	124	62	122	76
11	121	60	112	54
12	130	70	137	72
13	130	75	138	76
14	124	76	140	75
15	120	70	120	70
16	120	77	120	90
17	130	70	140	80
18	110	60	120	70
19	130	50	120	32
20				
21				
22				
23				
24				
25				
<b>Average</b>	<b>121.6</b>	<b>69.7</b>	<b>127.4</b>	<b>75.6</b>

**Table 3: Summary**

Summary	Fast postural change		T-test P Value
	Supine	Standing	
Heart Rate mean	77.1	93.0	0.00001
SBP Mean	121.6	127.4	0.003
DBP mean	69.7	75.6	0.005

