

Experiment HH-6: Heart Rate Variability (HRV)

Equipment Required

PC or Mac Computer

IXTA, USB cable, IXTA power supply

ROAM ECG

Alcohol swabs

Disposable ECG electrodes

Mechanical or electronic metronome - refer to lab directions

Step or platform, 30cm high

Based on gender, weight, physical fitness level, smoking preference, health, or any other characteristics, separate the subjects into groups. Make sure each group is represented by an equal number of subjects; this number will depend on the time available, the number of groups created, and the number of subjects available.

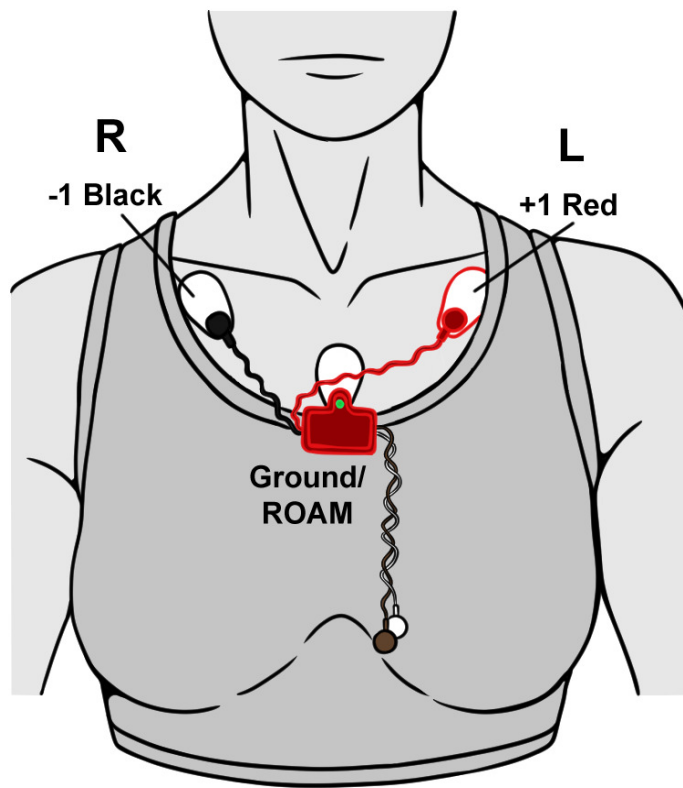
ECG Cable Setup

1. Locate ROAM ECG unit.



Figure HH-1-S1: The TA and the ROAM ECG.

2. Remove the ROAM from the dock and place the electrodes as shown below:



3. Instruct the subject to sit quietly with their hands in their lap.