

Physiology 2021

Updated

Monday, June 28, 2021

Changes marked below in red

STATUS	
Total Task	24
Completed Task	0
% completion	0.00%
Is everything good to go?	Getting there

Item Type	Where to purchase	Links	Yes/No
Monday @Home Activity: Isotonic vs Isometric			
Equipment			
Heavy weight (15-25 lb/ 6-12kg) eg. stack of textbooks, bag of flour	No need to purchase, use what you have at home		
Large container to store water. Eg. your biggest mug, small pot			
Tuesday @ Home Experiment: Kidneys			
Equipment			
Weighing scale to measure 9g (optional)	DO NOT buy, use only if you already have it at home		
Alternatively: you can use measuring teaspoons(9g=1.8tsp)	household item. Purchase at any grocery store, Dollarama, Walmart		
Supplies: Materials			
2 teaspoons (to measure vinegar, bakind soda) 2021-06-28: Revised	Household item		
10 disposable Plastic spoon (Standard size) 2021-06-28: Removed	Purchase from Walmart, Dollarama or any grocery store		
Paper Towel	household item or purchase at any grocery store		
15 Disposable clear, transparent, colorless, plastic cup (minimal size 250mL)	Purchase at any grocery store, Dollarama, Walmart	Walmart	
10 Disposable clear, transparent Plastic shot-glass(1oz?) 2021-06-28: Removed	purchase at Dollarama, party-city, Walmart, or grocery stores	Walmart	
Optional : Multi-Parameter Urine Test Strips *Purchase not required, only if interested. Select YES regardless	Amazon	Amazon	
Supplies: Reagents			
Salt	household item		
Water	household item		
Red cabbage, one head	Purchase at any grocery store		
baking soda	household item or purchase at any grocery store		
vinegar (white)	household item or purchase at any grocery store		
Lemon, 1x			

Coffee(250mL)- Startucks Short, Tim hortons small fully filled is at 236mL	household item, or purchase from local cafe, Starbucks, Tim Hortons		
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Wednesday @Home activity: Build a Lung

Equipment			
X-acto Knife or any craft knife to cut a hole in the water bottle cap	Purchase at Dollarama, Walmart, Staples, Grand &Toy, Amazon		
Supplies: Materials			
Plastic Straw (standard size. e.g Mcdonlads straw)	Purchase at any grocery store, Walmart, Dollarama		
1 plastic Water bottle + the cap of the bottle. 1L bottle round bottom bottles preferred. e.g shape similar to PC blue menu Sparking water bottle at 1L	Purchase at any grocery store	Preferred / Example	
1Balloon (standard size, 12inch) in easily visable color(e.g Red, Yellow)	purchase at Dollarama, party city, Walmart, Michaels, Amazon	Michaels 12"	
1 L size Nitrile glove preferred, or use a 12 inch balloon	purchase at Dollarama, party city, Walmart, Michaels, Amazon	Michaels 12"	
Clear tape (any kind)	house hold item, or purchase from Walmart, Dollarma		

Friday @Home activity: VO2 max

Equipment			
Metronome	Download a free app from iOS or Android store	n/a	
40 cm wooden box (Stairs are an alternative)	*No need to purchase anything	n/a	
Supplies: Materials			
Calculator	Phone calculator will do	n/a	
Pen and paper		n/a	

Friday @Home activity: Find the Criminal Sugar

Supplies: Materials			
Household food items	You will work with food supplies that you already have at home		