**Psychologist:**

**Subject:**

**Pulse Experiment**

Procedure:

1). Tell subject to relax. Have them sit and chat for 2 minutes. Have them take their pulse for 30 seconds. Multiply by 2. Record the amount of heart beats.

2). Tap your pen five times loudly. Have them stand up and jump up and down while holding one leg for 20 seconds. Record their pulse for 30 seconds after the jumping. Multiply by 2 and record the results.

3). Wait for a minute. Chat and relax the subject.

4). Repeat steps 2 & 3 a total of five times. Record the pulse each time. Give them time to relax after each test. Do not let them know when the pen is going to be tapped.

5). For the last test, give them more time to relax so that their heartbeat is down to a regular level. Tap the pen five times but do not ask them to jump up and down. Then record their pulse and multiply by 2

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| Resting | Jump 1 | Jump 2 | Jump 3 | Jump 4 | Jump 5 | No Jump |
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What was the unconditioned stimulus?

What was the unconditioned response?

What was the conditioned stimulus?

What was the conditioned response?

Reflection Question: Was the experiment successful? Were you able to condition the subject? How might we extinguish the conditioning?

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