**Classical Conditioning Hopping Movement Lab**

**Step 1**

Pair up with another student and decide who will be the subject and who will be the experimenter. The subject should sit and relax for 2 minutes. After this is complete the subject should take his / her pulse for 30 seconds. MULTIPLY THIS BY 2! Record this score as the **RESTING PULSE 1**.

**Step 2**

As the student is sitting in the chair, the experimenter will clap his / her hand 5 times or tap a pen 5 times. After hearing the 5th clap or tap, the subject will stand up and start hopping on ONE FOOT for 30 seconds (experimenter keeps the score). When the hopping is complete, take the pulse rate again for 30 seconds. Double the score and enter the data in the Hop #1 space in the table. Repeat the procedure four (4) more times and record your data each time.

**Step 3**  \*\****READ CAREFULLY*** \*\*

The subject should sit and relax until the pulse returns to the initial resting pulse 1 rate. Once the resting pulse rate is achieved, the experimenter will clap his / her hands 5 times. After the 5th clap (or tap), the subject will take his or her pulse IMMEDIATELY after the 5th clap / tap. The subject ***WILL NOT HOP*** this time. Record your data.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Resting Pulse 1 | Hop 1 | Hop 2 | Hop 3 | Hop 4 | Hop 5 | Resting Pulse 2 | Clap Pulse |
|  |  |  |  |  |  |  |  |

**Steps of Classical Conditioning:**

**Legend:**

UCR = Unconditioned Response

CR = Conditioned Response

NS = No Stimuli

UCS = Unconditioned Stimuli

CR = Conditioned Stimuli

(helpful step) NS **———-X——>** UCR

**X         +      UCS    ­   ­————> UCR**

**CS       +      UCS     ————> UCR**

**CS       +      X           ————> CR**

**Write out the equation for this activity:**