

Experiment measuring the effect of different types of activity on your heart rate

1. What do you think happens to your heart rate when you exercise? If you think it changes, try to explain why.
2. Describe how different types of exercise will affect your heart rate.
3. Find your resting heart rate. Record it as the first activity, but only fill in the first 3 boxes. Your resting rate will be the average of these 3 numbers.

Resting Rate=_____

4. Now complete each of the activities below. After each activity you will measure your heart rate every minute until it returns to your resting heart rate. Record your results in the table below.

Be sure to measure your heart rate **AS SOON AS YOU HAVE FINISHED**. If you get too tired stop the activity, but start measuring as soon as you stop.

Once your heart rate has returned to your resting rate you can try the next exercise.

Activity	Heart Rate after activity (in beats per minute) at these times after activity has finished					
	0min	1min	2min	3min	4min	5min
Sitting down pulse rate (resting rate) thinking about calm things						
Lying down for 3 minutes						
Standing for 3 minutes						
Walking for 3 minutes						
Walking up and down stairs for 3 minutes QUICKLY						
Jumping for 3 minutes (high and often!)						
Push ups (or sit ups) for 3 minutes						
Sitting down for 3 minutes and thinking about exciting things						
Sitting down for 3 minutes and thinking about stressful things						

5. Plot your results onto a line graph. Along the x-axis (horizontal line) put the minutes after the activity, and on the y-axis (vertical line) put the beats per minute. If you have more than 3 activities on a second graph plot your 3 most interesting results.
6. What did you notice about the results? Compare yours to your classmates.

