



What happens to your heart rate when you exercise? Take your pulse before and after exercise and record your results below.

What kind of exercise will you be doing?

How long will you do your exercise for?

What is your resting pulse rate?

beats per minute

Now do your exercise and count your pulse as soon as you have finished.



What is your pulse rate after exercise?

beats per minute

How many more times did your heart beat in a minute after you exercised?

What does this tell you about how exercise affects your heart?

What other changes did you notice in your body as you were exercising?

What do you think would happen if you exercised again for a longer time and why?



Today we will be doing some exercise to see what happens to our lungs when we exercise.

What kind of exercise will you be doing?

How long will you do your exercise for?

How many times a minute do you breathe when you are resting?

How many times a minute do you predict you will breathe after exercise?

How many times a minute do you predict you will breathe after exercise?

How many minutes do you think it will take for your breathing to return to normal?

Now complete your exercise and record your breathing rate every minute until it returns to your resting breathing rate (or very near it). Use the space below to record your results:



Results:

Conclusion:

What does this tell you about how your body is affected during exercise?



Today we will be doing some different exercises to see what happens to our bodies when we exercise.

What different kinds of exercising are you doing as a class?

What exercise is your group doing?

Which exercise do you think will increase heart rates the most and why?

Our resting heart rates:

Our heart rates after exercise:

Individual differences:

Total group difference:

Which kind of exercise had the biggest difference?

Was your prediction correct?