

Heart Rate and Exercise

Aim: To determine how increasing the amount of exercise conducted impacts on heart rate.

Hypothesis: If more star jumps are done, then heart rate will _____.

Method:

1. Measure resting pulse rate (0 star jumps) by using two fingers on your wrist. Measure for 10 seconds then multiply the results by 6.
2. Complete 10 star jumps
3. Measure pulse rate
4. Rest for 60 seconds
5. Repeat Steps 2-4, with 20, 30, 40 and 50 star jumps
6. Record each pulse rate in a results table
7. Repeat practical 3 times. Calculate an average pulse rate.