



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

What kind of exercise will you be doing?

How long will you do your exercise for?

What is your resting pulse rate?

What do you predict your pulse rate will be after exercise?

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

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



Results:

Were your predictions correct? Why? Why not?

Can you find out how different types of exercise affect your body? How could you investigate this?