



# SCIENCE EXPERIMENT

Name: \_\_\_\_\_

SUPERSTARWORKSHEETS

QUESTION:

What will physical activity do to my heart rate?

HYPOTHESIS:



MATERIALS:

☐ My body

☐ Stopwatch



PROCEDURE:

1. Perform each activity below for 60 seconds. Take a 2 minute break in between activities.
2. Record your heart rate for 15 seconds after each activity. Multiply by 4 to determine heart rate.

## MY DATA

IMPORTANT!! Stop any activity if you feel dizzy, out of breath, or unwell.

| ACTIVITY                                         | 15 SEC PULSE × 4 = HEART RATE |  |
|--------------------------------------------------|-------------------------------|--|
| LAY DOWN:<br>Lie down and stay still.            |                               |  |
| CASUAL WALK:<br>Walk slowly around the room.     |                               |  |
| BRISK WALK:<br>Walk quickly around the room.     |                               |  |
| STAND & SIT:<br>Stand up, then sit down, repeat. |                               |  |
| JOG:<br>jog in place.                            |                               |  |
| JUMPING JACKS:<br>Do jumping jacks.              |                               |  |
| DANCING:<br>Dance freely to music.               |                               |  |

CONCLUSION: