

SCIENCE EXPERIMENT

Name: _____

SUPERSTARWORKSHEETS

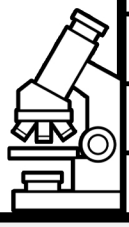
QUESTION:

How does exercise change your heart rate?

HYPOTHESIS:

MATERIALS:

- ○ stopwatch or clock with a second hand
- ○ pencil
- ○ lab journal



PROCEDURE:

1. Sit quietly for 2 minutes.
2. Find your pulse on your wrist or the side of your neck using two fingers (not your thumb).
3. Count the beats for 15 seconds. Multiply by 4 to find your beats per minute. Record your resting heart rate.
4. Do jumping jacks for 1 minute. (March in place if jumping is not safe for you.)
5. Right away, measure your heart rate again and record it.
6. Rest for 2 minutes. Measure your heart rate one more time and record it.
7. Repeat for 3 trials.

MY DATA:

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

Trial	Resting	After Exercising	After 2 Minutes
Trial 1			
Trial 2			
Trial 3			
Average			

CONCLUSION:

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