**INVESIGATE THE EFFECT OF EXERCISE ON THE PULSE OF A HUMAN**

**Materials/Equipment**

Timer



**Procedure**

1. Sit down on a chair. Locate your pulse. Allow a few minutes to adjust.
2. Count the number of pulses per minute and record.
3. Repeat twice and calculate the average number of pulses per minute and record. This is called the **resting heart rate.**
4. Walk gently for 2 minutes. Immediately measure your pulse rate and record.
5. Run for 2 minutes. Immediately measure your pulse rate and record.
6. Compare the pulse rates after the different exercises.
7. Replicate the investigation or cross reference your results with other groups
8. Draw a bar chart of your results.

**Result**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Before exercise | Trial 1 | Trial 2 | Trial 3 | Total | Average |
| Resting pulse rate (bpm) |  |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| After exercise | Gentle walking | Running |
| Pulse rate (bpm) |  |  |

**Conclusion/Comment**