

CLASS COPY

Heart Rate Lab

Background Observations: Your heart rate increases with activity.

Question: Will different activities cause heart rate to rise?

Hypothesis: "If, then, because" format

Procedure:

1. With class, take resting heart rate 3 times. Average heart rate.
2. Outside with class walk 3 times from concrete to fire hydrant. Take pulse each time and average.
3. Run three times up to fence, take pulse and average.
4. Return to classroom, complete data table and graph trials, including averages.

Conclusion:

- 1. Did you prove or disprove your hypothesis? Why?**
- 2. Were there any errors that occurred?**
- 3. How could you improve your resting heart rate? (low heart rates are best).**