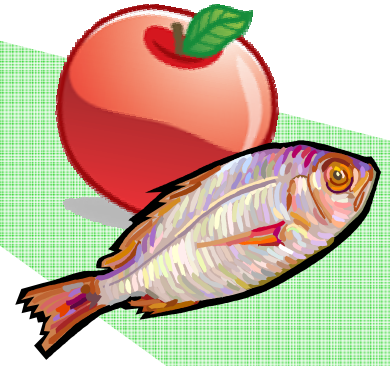


Pump It Up



QUESTION: How does exercise affect heart rate?

MATERIALS:

- bean bag
- stop watch

PROCEDURE:

1. Determine your resting heart rate by taking your pulse as directed. Record your resting pulse in the Data Table.
2. Run in place at a moderate rate for 3 minutes. At the end of 3 minutes, record your pulse rate and start the stop watch to time how long it takes for your heart to return to its resting rate. Record the time in the Data Table.
3. Repeat Step 2 for each of the exercises listed below.
 - Run in place - fast rate
 - Jumping Jacks
 - Bean Bag Pick-Up
4. Make a histogram of the data your group has collected.

DATA:

Resting pulse rate	
In-place running (fast) - pulse	
Time (sec) to return to resting pulse	
In-place running (moderate)	
Time (sec) to return to resting pulse	
Jumping Jacks - pulse	
Time (sec) to return to resting pulse	
Bean bag pick-up - pulse	
Time (sec) to return to resting pulse	

LS – Activity #33

QUESTIONS:

1. What type of blood vessel creates your pulse?
2. What does your pulse rate tell you?
3. Why does the heart have to beat faster when you exercise?
4. Is your heart rate the same after each exercise session? Why or why not?
5. What is your average pulse rate after exercise?
6. What is the difference between your resting pulse and your pulse after exercise?
7. What is the average time it took after exercise for your heart rate to return to its resting rate?