LINE GRAPHS
INVESTIGATION
EFFECT OF EXERCISE ON PULSE RATE

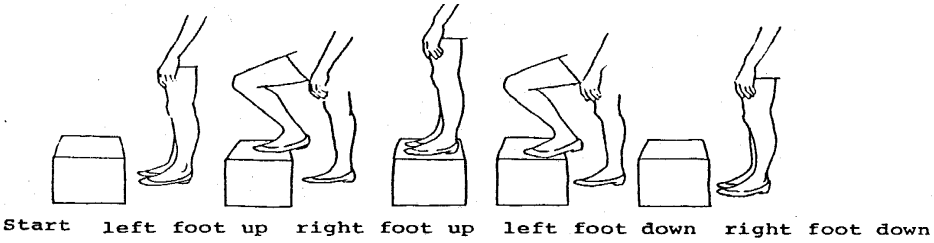
Warning!: If you have a medical condition, do not do this physical exercise.

REQUIREMENTS
a partner, a stopwatch or a watch with a second hand, a step

PULSE RATE

Hold 2 fingers (not your thumb) on your opposite wrist and count the beats you feel for 30 seconds.
Multiply this number by 2 and you have your pulse rate in beats per minute.

STEP TEST



As soon as the stopwatch is started by a partner, you should start stepping using the above pattern.

Make sure that the knees are straightened after each step.

This pattern should take about 2-3 seconds and should be continued for 3 minutes.

At the start and the end of the exercise, you should sit down and take your pulse rate for 30 seconds. Multiply this by 2 for your pulse rate in one minute.

Rest for another 30 seconds and then take your pulse rate for 30 seconds. Again, multiply this by 2 for your pulse rate in one minute.

Continue this pattern for 5 minutes, and record your results in the table below.

Plot your results on the graph below.

TABLE SHOWING EFFECT OF EXERCISE ON PULSE RATE

TIME	PULSE RATE (beats / minute)
Pulse rate before exercise (Resting heart rate)	
Pulse rate at end of exercise	
Pulse rate after 1 minute	
Pulse rate after 2 minutes	
Pulse rate after 3 minutes	
Pulse rate after 4 minutes	
Pulse rate after 5 minutes	

LINE GRAPH SHOWING EFFECT OF EXERCISE ON PULSE RATE