

The heart and lungs: how the body responds to exercise

living-things

Words to use

Pulse · Breathing rate · Oxygen-delivery team

Our question

Does one minute of our chosen activity change our pulse and breathing rate per minute?

My activity (step-ups, high-knee marches or star jumps)

I predict...because...

My readings – per minute

What I measured	Trial 1	Trial 2	Average
Resting pulse			
After pulse			
Resting breathing			
After breathing			

Take each reading twice and write the average

Count for 15 seconds and multiply by 4 to get the rate per minute. Do it twice, then add the two and halve them.

