

## Heart Rate and Exercise Investigation

**Aim:** *To find out what happens to your heart rate when you do different types of activity.*

**Investigation:** (What do you plan to do?)

**Equipment:** (What do you need?)

**Prediction:** (What do think will happen?)

**Conclusion:** (Using your results, what did you find out?)

**What else did you notice about your body when you did you notice about your body during exercise?**

## Heart Rate and Exercise Investigation Results Table

Activity	Beats per 15 seconds	BPM (beats per minute)
Formula	<b>Beats per 15 secs x 4 = beats per minute</b> (or you can just count for a whole minute instead)	
Laying Down		
Standing Still		
Walking		
Skipping		
Jumping		
Jogging		
Sprinting		