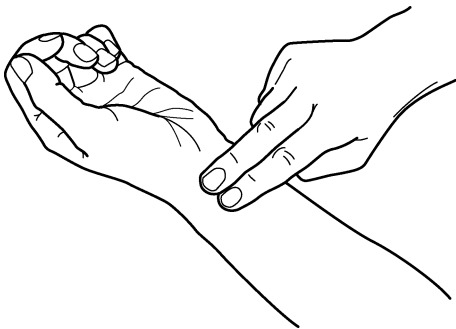


Back to Resting

You are going to find out how long it takes for your **pulse rate** to get back to normal after exercise.

Method

- A** Press two fingers firmly on your wrist, like in the picture.
- B** Once you have found your pulse, start timing – use a stopwatch or clock. Count how many beats you can feel in one minute. Record your results in the table.
- C** Now do some exercise for two minutes e.g. doing star jumps. As soon as you have finished your exercise, measure your pulse rate again.
- D** Now wait for one minute and then measure your pulse rate again.
- E** Repeat step **D** until your pulse rate is the same as it was before you did the exercise.

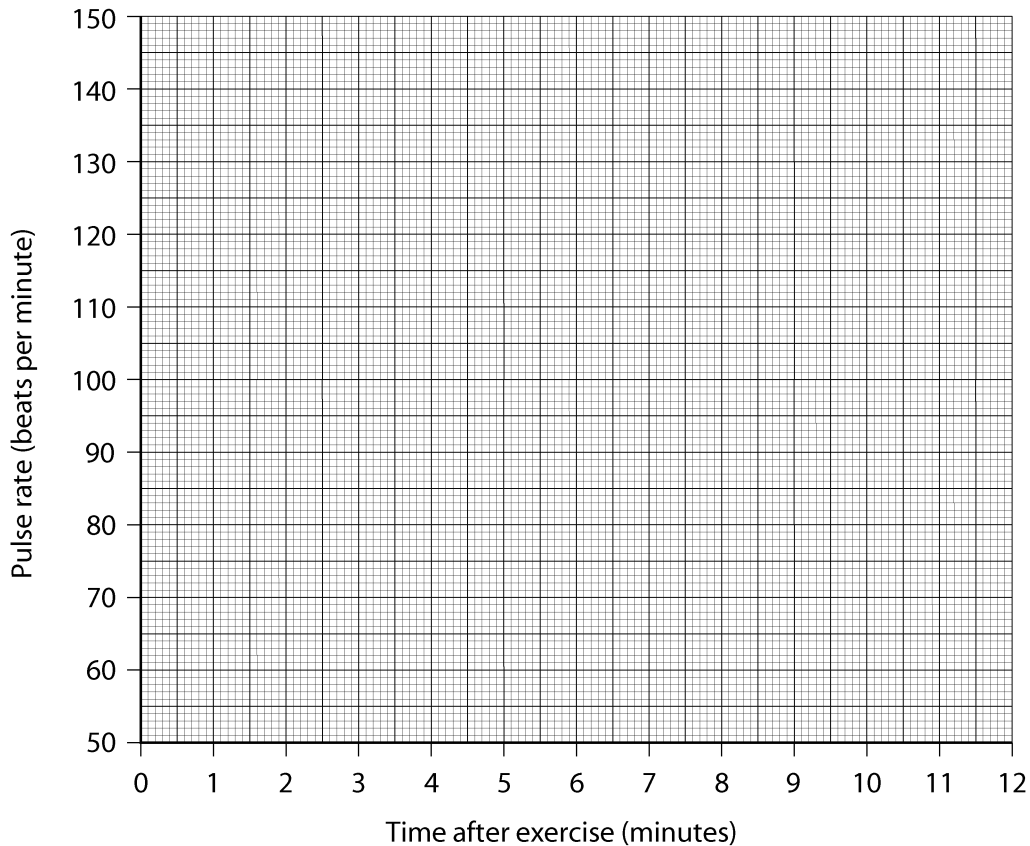


Recording your results

Record your results in this table.

Time after finishing exercise (minutes)	Pulse rate (beats per minute)
0	
2	
4	
6	
8	
10	

Use your results to plot a line graph on these axes



Considering your results

How many minutes does it take for your pulse to get back to its resting pulse rate, after you stop doing the exercise?

Evaluation

Imagine you do your experiment again, but this time you exercise differently or for longer. How would this change the length of time it takes for your pulse rate to get back to normal?
