Heart Rate Lab

Problem: How does the heart rate change based on body activity?

Hypothesis

Materials

Pre-Lab Procedures

1. Sit still for 60 seconds
2. Find your pulse either on your neck or your wrist.
3. Your teacher will time you for 15 seconds and we will take our pulse together.
4. Record your data
5. Repeat 2 more times.
6. Stand up for 60 seconds, repeat steps 2-5.
7. Using excel, calculate your averages and then your baseline heart rate for 60 seconds (15x4)

Lab Procedures:

1. Lay down on the table or floor for 60 seconds, THEN take your pulse WHILE STILL laying down for 15 seconds. Record data. Switch places with your partner and repeat.
2. (For the next few activities, you and your partner can do them at the same time.)
3. Stand up/sit down continuously for 60 seconds. Record pulse for 15 seconds.
4. Walk casually around the room for 60 seconds. Record pulse for 15 seconds.
5. Walk briskly for 60 sec. Record pulse for 15 seconds.
8. Dancing - "We got the beat" for 60 sec. Record pulse for 15 seconds. Calculate pulse for 60 seconds (15x4)
9. Record class data.

Data and Observations

Results/Analysis

Conclusion