

# Chiswick Challenge – What do we do in Science?

## Test - You are going to investigate how exercise affects our heart rate.

### Warm up questions

1. Where is the heart found in your body?

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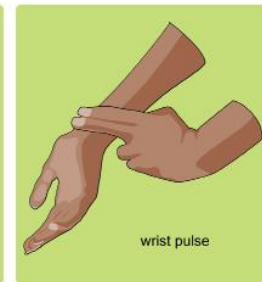
2. What does the heart do?

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Our heart rate is the number of times our heart beats per minute. We need to discover what happens to our hearts when we exercise.

Measure your pulse by pressing two fingers in one of these places and counting the number of 'pulses'. If we count this for 15 seconds and multiply that number by 4 to find out our heart beats per minute.

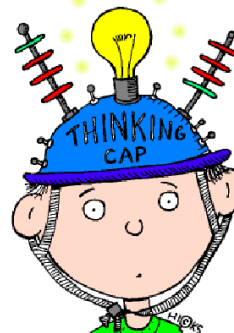


### TEST

Now you are going to complete these activities and then measure your pulse rate for 15 seconds to fill in the second column. Multiply this number by 4 to find the beats per minute for the third column



Activity (complete for 30 seconds)	Beats in 15 seconds	Beats per minute
Sitting		
Slow breathing		
Walking		
Jogging		
Jumping		
Sprinting		



Before you start, can you make a *prediction*? What do you think will happen to your heart rate after exercise?

What is the effect of exercise on your pulse rate?  
Use your results to help you decide.