

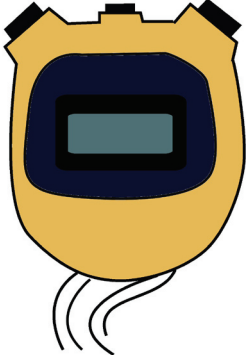
4.13 (a) To investigate the effect of exercise on the breathing rate of a human

1



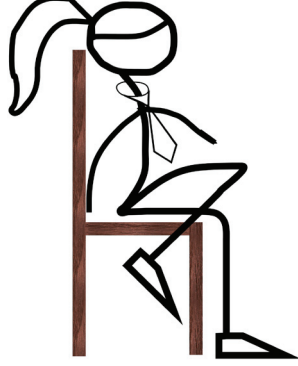
Sit down on a chair and take 5 minutes to settle.

2



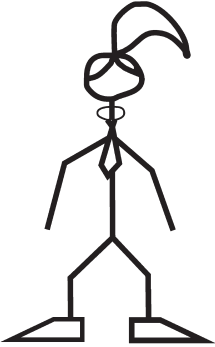
Count the number of breaths per minute and record.

3




Repeat step 2 twice and calculate the average.

4



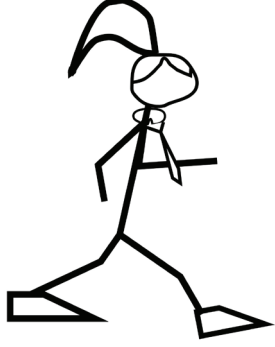
Stand up. Immediately measure the breathing rate and record.

5



Walk gently for 5 minutes. Measure the breathing rate and record.

6



Walk briskly for 5 minutes. Measure the breathing rate and record.

7

Run for 5 minutes.
Measure the breathing rate and record.

8

Compare the breathing rates after the different levels of exercise

Result

Table of Results

Before exercise	Trial 1	Trial 2	Trial 3	Total	Average
Resting breathing rate (breaths/min)					

Activity	Standing	Gentle walking	Brisk walking	Running
Breathing rate (breaths/min)				

Always remember – Leave time to tidy up *This page can be printed in colour from the accompanying DVD*