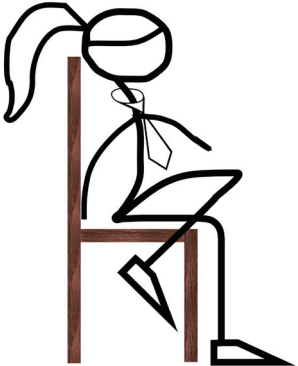
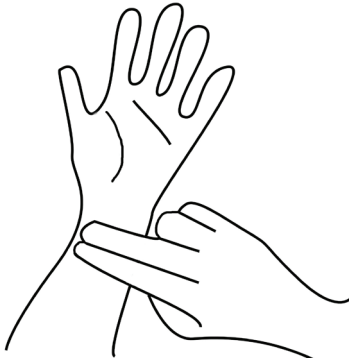
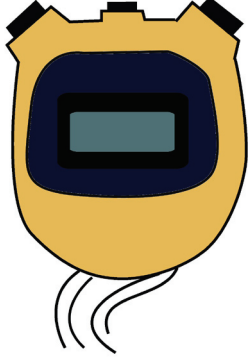
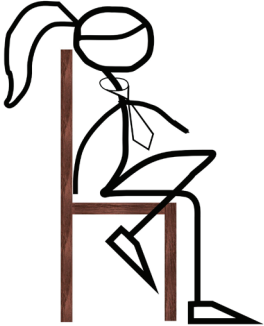


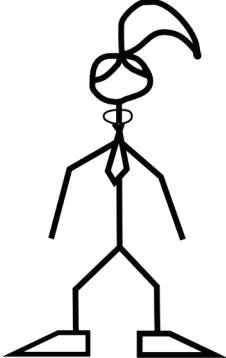
4.13 (b) To investigate the effect of exercise on the pulse rate of a human

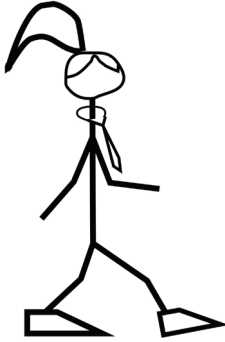
- 

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

Locate the pulse on either the wrist or neck.
- 

Count the number of pulses per minute and record.
- 

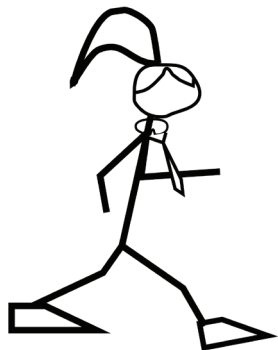
Repeat steps 2 and 3 twice and calculate an average.
- 

Stand up.
Measure the pulse rate and record.
- 

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

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

7



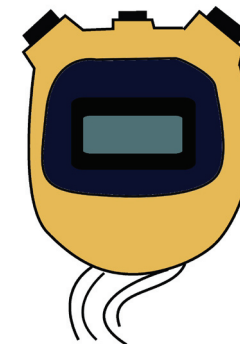
Walk briskly for 5 minutes.
Measure the pulse rate and record.

8



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

9



Continue to measure the pulse rate every
minute until it has returned to normal.

Table of Results

Before exercise	Trial 1	Trial 2	Trial 3	Total	Average
Resting pulse rate (bpm)					

Activity	Standing	Gentle walking	Brisk walking	Running
Pulse rate (bpm)				

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