

How does exercise affect your pulse rate?

Name:…………………………………………………………………………………………………………………

Primary School:………………………………………………………………………………………………..

Results table

|  |  |
| --- | --- |
| **Exercise** | **Pulse rate**  **(beats per minute)** |
| Resting (sit down for 5 minutes to make sure you are rested) |  |
| Walk slowly for 2 minutes |  |
| Walk quickly for 2 minutes |  |
| Run for 2 minutes |  |

Conclusion

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Research on the heart

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