

How does exercise affect your pulse rate?

Measure your pulse rate while resting then also after various forms of exercise.

**Make sure you rest before each exercise.

Resting: _____ beats per minute

After 100 bicep curls : _____ beats per minute

After 50 star jumps: _____ beats per minute

After jogging 100 m: _____ beats per minute

After sprinting 100 m: _____ beats per minute



What happens to your heart rate while you're exercising? _____

Which exercise caused your heart rate to increase the most? _____

Fact: Your muscles need food and oxygen.

Why does your heart rate increase while exercising?

What happens to your breathing while exercising? _____

Why does this happen?

How does oxygen get into your blood?

