



Heart rate, breathing rate, physical fitness – Student sheet 1

Personal record

Record this information about the person who will be doing the exercise.

a Would you describe yourself as physically fit?

No (I exercise infrequently)

Yes (I exercise frequently)

Very (I take vigorous exercise (e.g. cycling, swimming) frequently)

b Measure the exerciser's pulse at rest (sitting down) for 15 seconds. Multiply the number of beats by 4 to get the heart rate (beats per minute). Record this in the table below.

c Measure the exerciser's breathing rate at rest for 15 seconds. Multiply the number of breaths by 4 to get the breathing rate (breaths per minute). Record this in the table below.

d The person exercising should now begin to exercise (as directed by your teacher). Start the stop clock.

e After 4 minutes, stop exercising. **Immediately**, measure and record the heart rate and breathing rate as before.

f Take the heart rate and breathing rate again at 2 minutes after exercise and 4 minutes after exercise.

(If you have a pulse meter, you may be able to record pulse rate *during* exercise too, e.g. after 2 minutes, adding this to your table).

Heart rate (beats per minute)				
At rest	(During exercise)	Immediately after exercise	2 min after exercise	4 min after exercise

Breathing rate (breaths per minute)				
At rest	(During exercise)	Immediately after exercise	2 min after exercise	4 min after exercise

Extension: If you finish your data collection early, answer these questions.

Will the combined class data be enough to evaluate any claim about fitness?

Are there any problems with method used to collect the data?

Will these problems affect the validity of the data?

Heart Rate Breathing Rate Physical Fitness Student

RM Cervero



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