

Date: _____

Name: _____

Investigating Heart Rate

Student	Number of Beats in 10 Seconds (Resting)	Heart Rate per Minute (Resting)	Number of Beats in 10 Seconds (After Exercise)	Heart Rate per Minute (After Exercise)

1. What effect did exercise have on your heart rate? _____

2. Why do you think this happened? _____

3. Calculate the average resting heart rate for your group. Show your work.