Name:

Date:

School:

Facilitator:

1.02 Effects of Exercise Lab

Total Points: 50

**This lab was designed to help you determine the relationship between exercise and heart rate. Complete the following worksheet by recording your heart rate in the stated situations. Complete this activity during one of your physical workout sessions this week.**

1. Record your resting heart rate.
2. Record your heart rate after 3 minutes of low level walking.
3. Record your heart rate after 5 minutes of high level walking.
4. Record your heart rate after jogging 900 yards. (length of 9 football fields)
5. Record your heart rate after 5 minutes of high level walking.
6. Record your heart rate after 3 minutes of low level walking.
7. Complete your “cool down” with 3 minutes of stretching and record your heart rate.
8. Record a “recovery heart rate” after 5 minutes.
9. Summarize what you learned from this activity.
10. Which activity session resulted in the highest heart rate. Why?