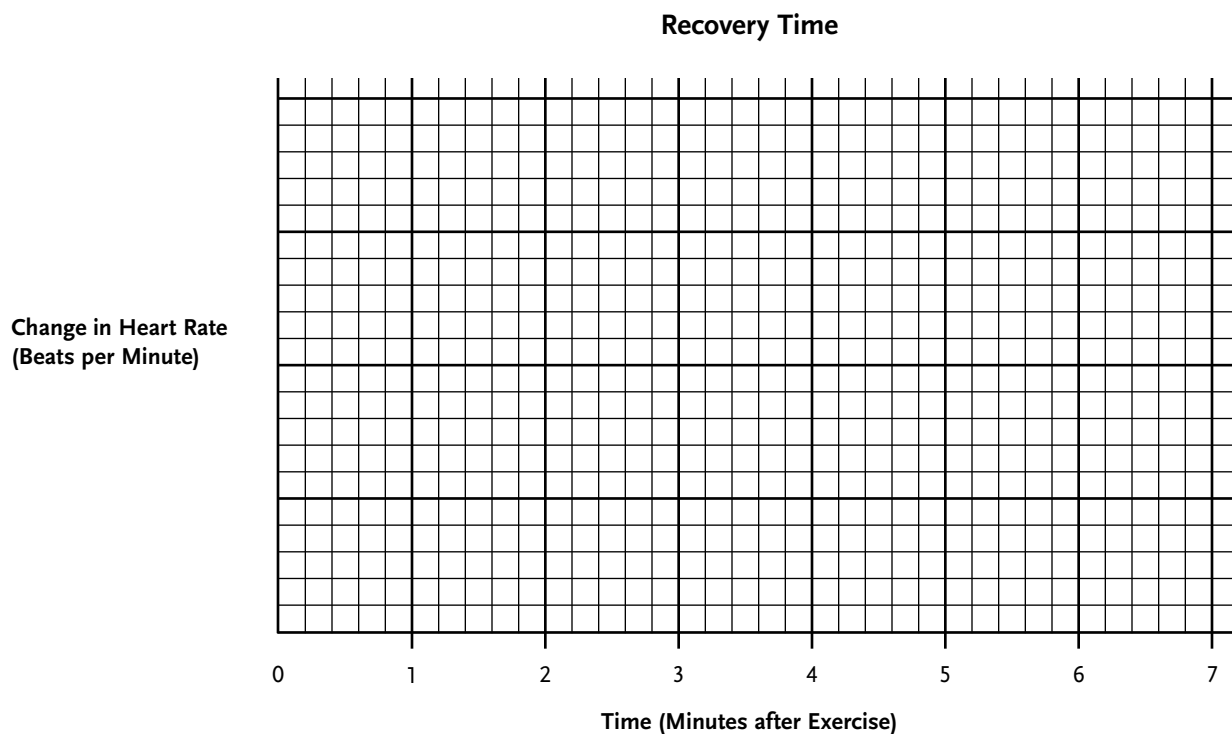


Plotting Your Results

As a class, you will determine the range of heartbeats per minute to fill in on the y-axis of your data table. When that axis has been filled in, plot your resting pulse rate on the graph below with a dotted line. After you have exercised and calculated your pulse rate per minute for the seven-minute period, plot your results on the graph below. Then draw a line through the data points.



Questions

Write your answers on a separate sheet of paper.

- 1 What are some of the factors that influence resting pulse rate? Why might an athlete have a lower pulse rate than a person who does not exercise regularly?
- 2 In the “Recovery Time” graph, describe the changes that occurred to your heartbeat in minutes 1–7. Use specific numbers from the data table in your response.
- 3 If you compared the graph of an extremely fit athlete with the graph of a sedentary 50-year-old individual, would you expect them to be alike or different? Explain your reasoning.
- 4 What effect could a longer pulse recovery period have on a person’s ability to perform certain activities? What effect could a shorter pulse recovery period have?
- 5 What might a person do to improve his or her recovery period?