

Activity Description:

This activity asks students to perform short exercise, graph their heart rate, and answer questions.

Supplies Needed:

- Graphing materials.

Steps:

1. Measure your heart rate
2. Perform 10 jumping jacks.
3. Measure your heart rate immediately after the jumping jacks.
4. Cool down, then perform 20 jumping jacks
5. Measure your heart rate after 20 jumping jacks.
6. Cool down, then perform 30 jumping jacks.
7. Keep measuring your heart rate after each burst of activity.
8. Make a graph comparing the number of jumping jacks and your heart rate.
9. Answer these questions:
  - a. How do the graph look?
  - b. Based on the graph, what do you think your heart rate would be after doing 15 jumping jacks?
  - c. Based on the graph, what do you think your heart rate would be after doing 75 jumping jacks?