

1. What pulse rate did you record in step 3 of the Procedure? This is called your pulse rate at rest. How does your pulse rate at rest compare with those of the other members of your group? (Do not be alarmed if your pulse rate is somewhat different from those of other students. Individual pulse rates vary.)

2. What effect did walking have on your pulse rate? Running?

3. What effect did resting after running have on your pulse rate?

Analysis and Conclusions

1. What conclusions can you draw from your data?

2. How is pulse rate related to heartbeat?

3. What happens to the blood supply to the muscles during exercise? How is this related to the change in pulse rate?
