

## Pulse Experiment

For this experiment, we will be finding our pulse, or heartbeat, while we do different exercises. We will be comparing how different activities cause our pulse to speed up.

You will need a timer for this experiment. You will also need some space to move around in. To find your pulse it is easiest to feel under your jaw or on your wrist with two fingers.

When you find your pulse, you can count the beats for six seconds. Then multiply this number by 10 (this is as easy as adding a zero to the end). Try the different exercises below for the listed time.

## Data Collection

Exercise	Pulse
Resting	
Walk 1 minute	
Jog lightly 1 minute	
Run 1 minute	
Jumping Jacks 1 minute	

## Questions for Journal

Which exercise caused your pulse to beat the fastest?

Which exercise felt the most difficult?

Why does your heart beat faster when you exercise?

What other exercises can you try? What surprises you?

## Graphing

Create a bar graph showing the different exercises and pulses.

**Bonus:** Measure your pulse resting, then again after 1, 2, and 3 minutes of light running. Graph the results on a line graph.

