



Name: Form:

Based on pages 14 and 15 of *Keeping healthy*

Investigating the pulse

Try this...

1. How fast is your pulse when you are resting?

Write down a plan to test this question. On a separate piece of paper, draw a table in which to record your results.



2. Check your plan with your teacher. If your teacher approves, try the investigation and fill in your table.

3. Does your pulse change after you have walked for two minutes?

Write down a prediction. 

Make another table in which to record your results. If your teacher approves, try the investigation and fill in your table.

4. Does your pulse change after you have run for two minutes?

Write down a prediction. 

Make another table in which to record your results. If your teacher approves, try the investigation and fill in your table.

Looking at the results.

5. How did your predictions compare with your results?



6. What do the results show?

