

Heart Lab Writeup

Question: What can we do to change our heart rate?

Hypothesis:

- 1) When we blow our nose for 10 minutes our heart rate will increase.
- 2) When we jog for 10 minutes our heart rate will increase.
- 3) When we pet a puppy for 10 minutes our heart rate will decrease.

Experiment:

- 1) For our first experiment we will use a tissue and blow our nose for 10 minutes straight. We will take our heart rate before, during and after the experiment by counting our pulse for 30 seconds and then doubling it to get beats per minute.

Names	Before (beats per min)	During (beats per min)	After (beats per min)	Heart Beats Change (After-before=___)
Billy Bob				
Tweedy Tiddly				
Tom Tom				
Sarah Beth				
AVERAGE				

- 2) For our second experiment we will jog in place with high knees 10 minutes straight. We will take our heart rate before, during and after the experiment by counting our pulse for 30 seconds and then doubling it to get beats per minute.

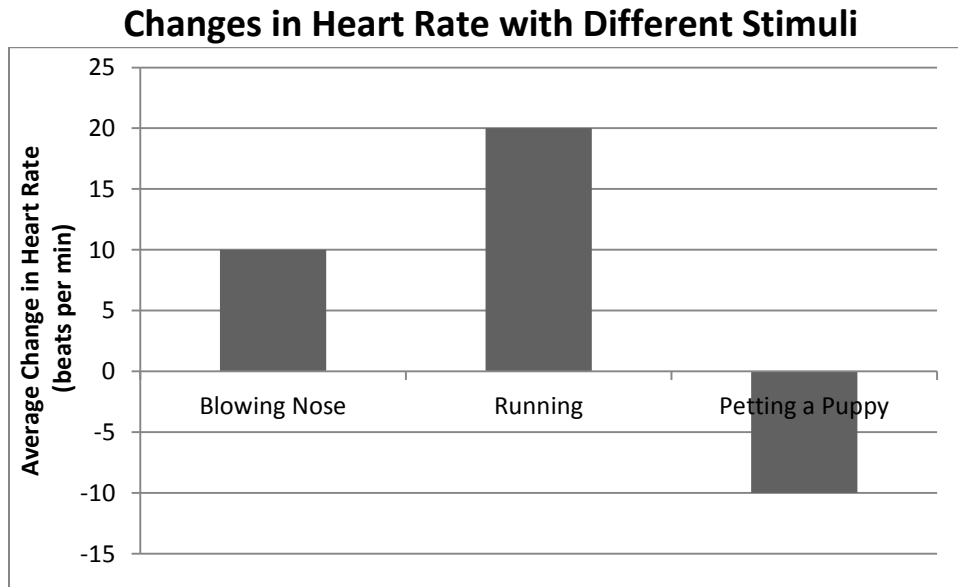
Names	Before (beats per min)	During (beats per min)	After (beats per min)	Heart Beats Change (After-before=___)
Billy Bob				
Tweedy Tiddly				
Tom Tom				
Sarah Beth				
AVERAGE				

- 3) For our third experiment we will pet a puppy in smooth motions for 10 minutes straight. We will take our heart rate before, during and after the experiment by counting our pulse for 30 seconds and then doubling it to get beats per minute.

Names	Before (beats per min)	During (beats per min)	After (beats per min)	Heart Beats Change (After-before=___)
Billy Bob				
Tweedy Tiddly				
Tom Tom				
Sarah Beth				
AVERAGE				

Data:

After the tests we found the following:



- 1) After blowing our noses for 10 minutes our heart rates increased an average of _____ beats per minute.
- 2) After running for 10 minutes our heart rates increased an average of _____ beats per minute.
- 3) After petting a puppy for 10 minutes our heart rates increased an average of _____ beats per minute.

Conclusion:

The data shows:

- 1) When a person blows our nose their heart rate will _____.
- 2) When a person jogs their heart rate _____.
- 3) When a person pets a puppy their heart rate _____.