The effect of Exercise on resting heart rate

Introduction

This investigation will focus on the effect of exercise on resting heart rate in teenagers. There are many factors that affect resting heart rate when it comes to performing exercise. Research shows that Exercise causes more oxygenated blood to flow around the body while lowering your blood pressure and also decreasing the risk of heart disease. Exercise is one of the main factors that can affect someone’s resting heart rate on top of health affects and other factors.

Research

Through the search of many websites, exercise has the following effects on resting heart rate. It is found that exercise can cause more oxygenated blood to flow around the body while decreasing both blood pressure and risk of heart disease. Over a period of time the size of the hearts chambers can increase causing more oxygenated blood to be delivered around the body faster.

Hypothesis

It is hypothesized that year 11 participants who exercise often will have a decreased resting heart rate compared to the participants who do not exercise often.

Variables

* Independent - hours of exercise
* Dependent – heart rate (BPM)
* Controlled – amount of time allowed for resting before heart rate is taken,

Method

1. The Participants will be asked how many days of exercise they do a week
2. Participants will then be asked to record their heart rate after being seated for 2 minutes
3. Data will be recorded three times for the experiment data
4. The average of each subjects resting heart rate will be calculated

Materials used;

* Timer
* 20 participants (year 11’s)
* Devices (used for recording results)