

Do different
genres of movies
have an impact on
our heart rates?

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What do we already know about heart rates?

We have observed in lab experiments throughout this course that exercise and a drastic change in exposure to water temperature (divers' response) affects our heart rate.

We learned how to calculate our resting heart rate by counting the number of heart beats in a full minute.

We also know that with an increase in heart rate our hearts must work harder.

Hypothesis

I think that out of all the genres selected for this experiment, watching a horror movie will show the highest change in heart rate.

Experiment

- ◆ Choose 5 movies of different genres.
- ◆ Watch one each day around the same time and in the same place over a 5-day period.
- ◆ Obtain your resting heart rate prior to starting each movie and record.
- ◆ Record your heart rate every 15 minutes for 75 minutes from the start of the movie.
- ◆ Avoid any alcohol, caffeine or sugar during the movie to avoid any possible influence on heart rate.



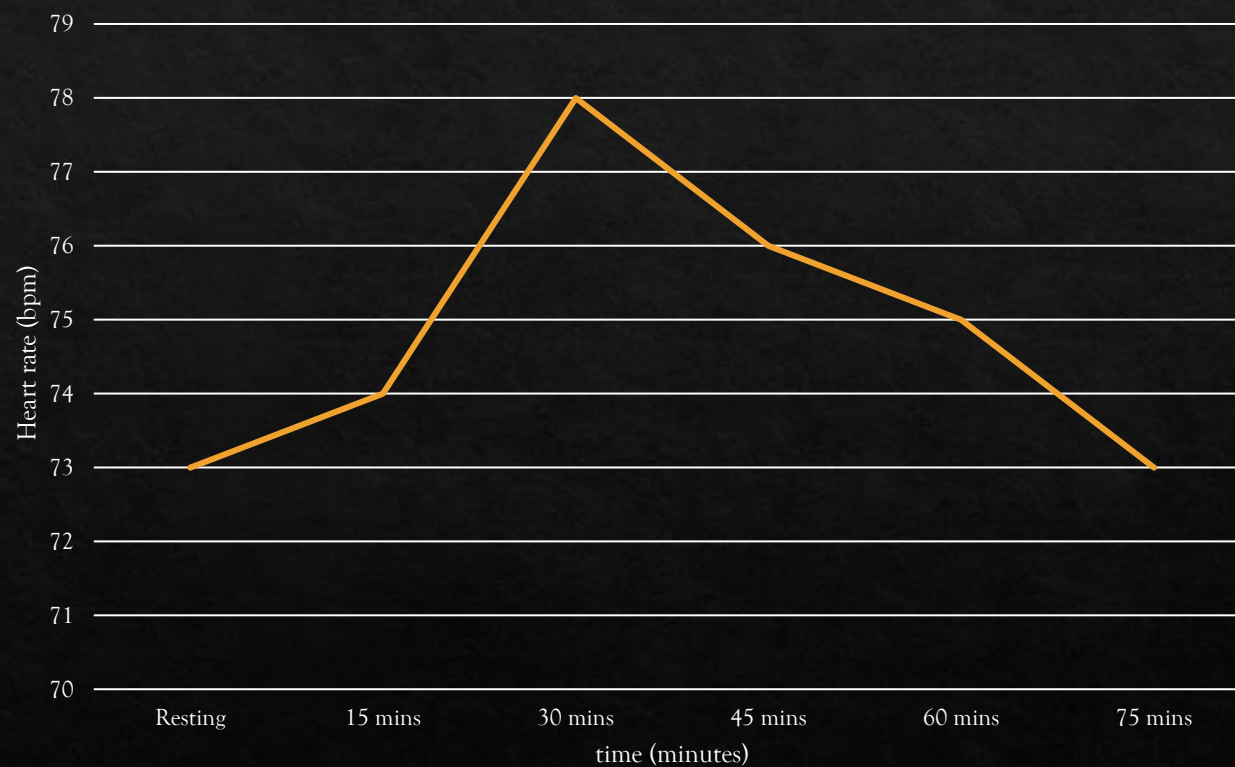
THERE'S NO UNTEXTING HER NOW.

THE WRONG MISSY

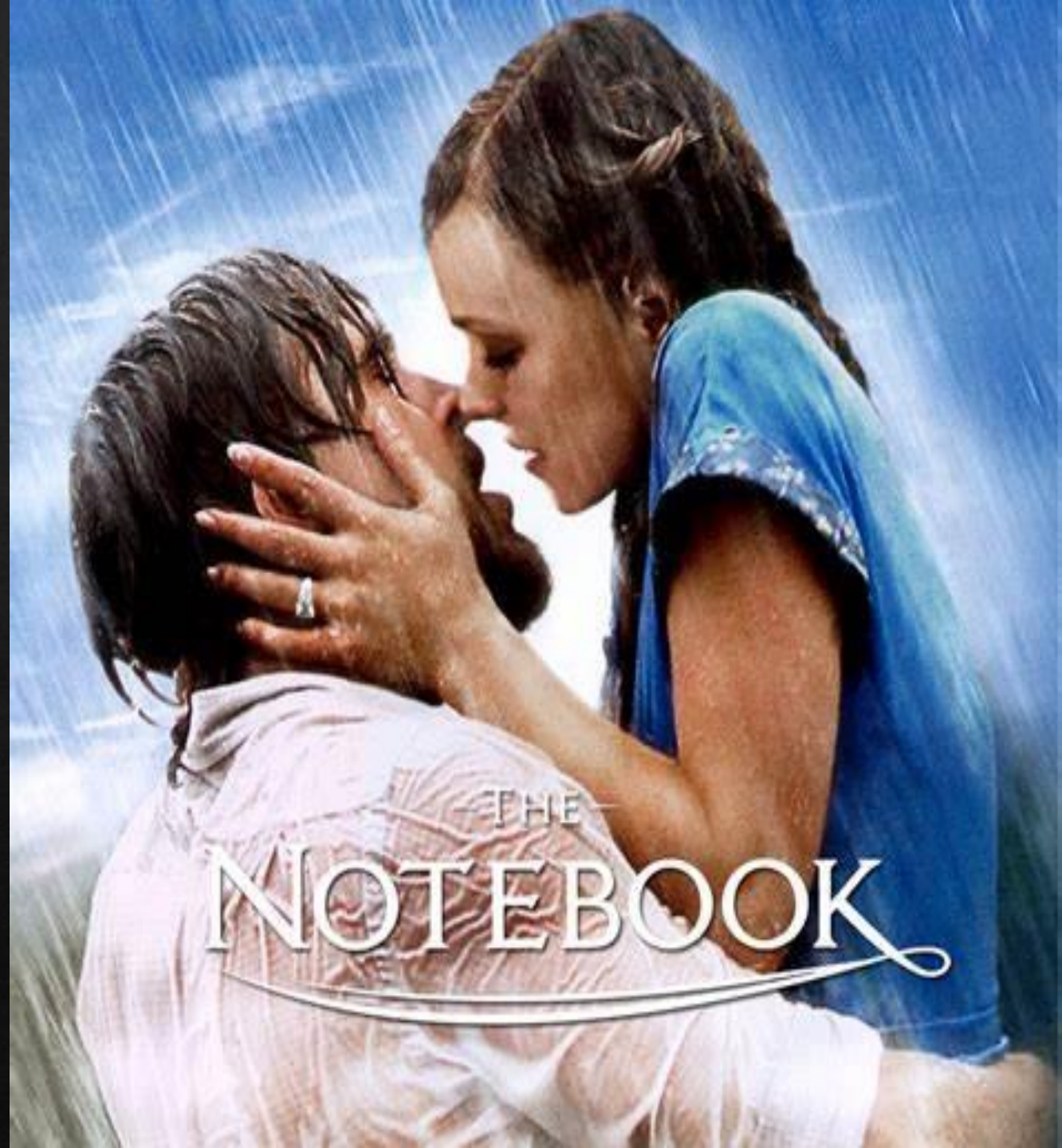
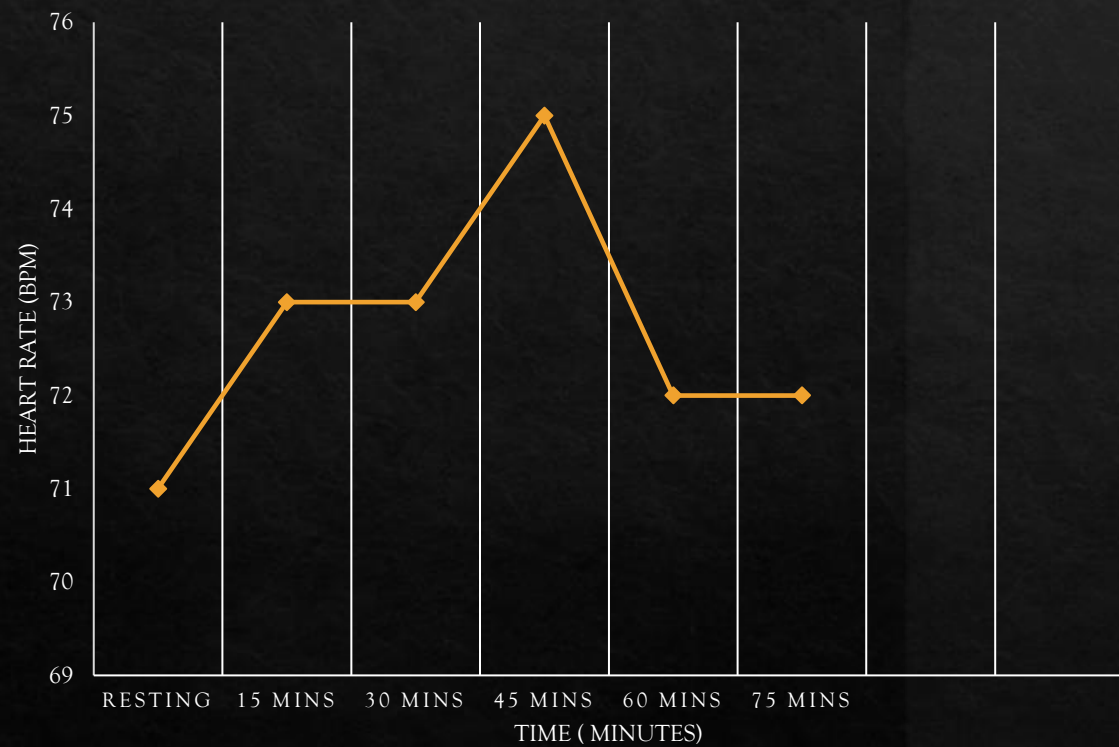
MAY 13 | NETFLIX



My heart rate throughout a comedy



MY HEART RATE DURING A ROMANTIC MOVIE



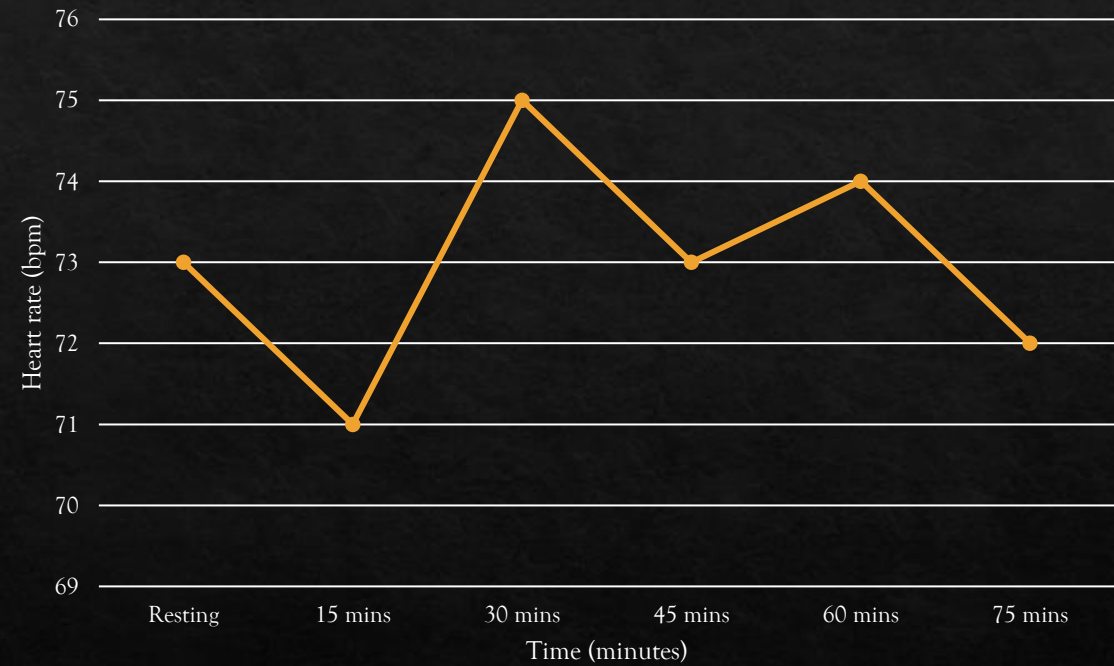
BLU-RAY™ + DVD + DIGITAL CODE

Disney · PIXAR

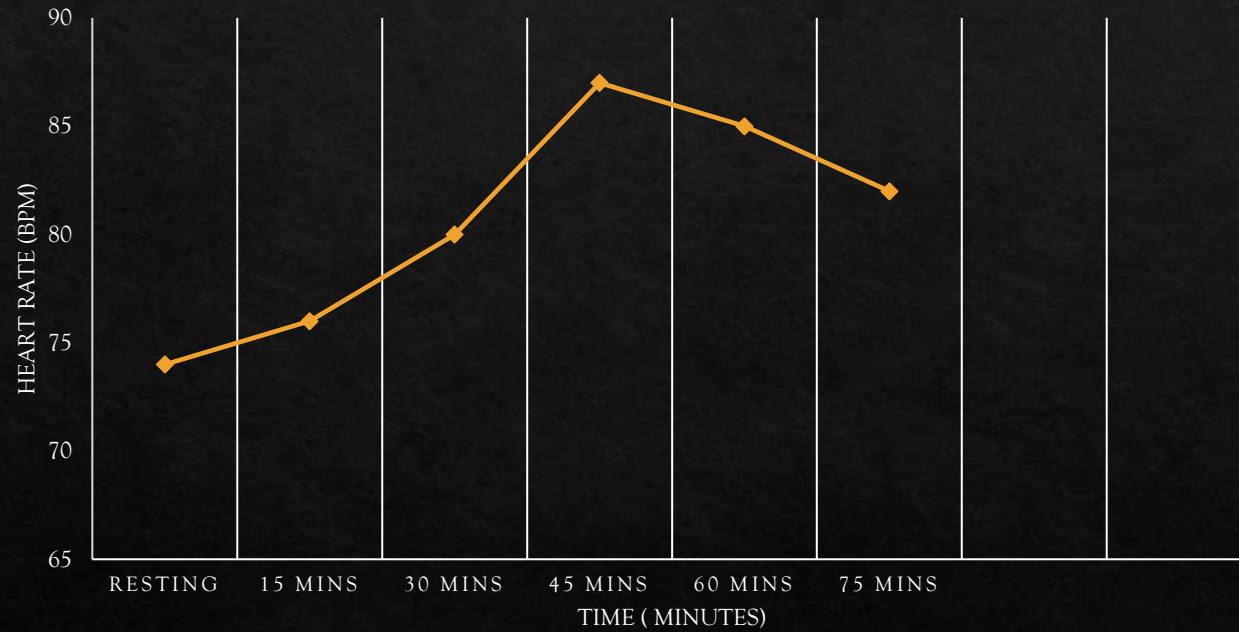
ELEMENTAL



My heart rate during a family movie



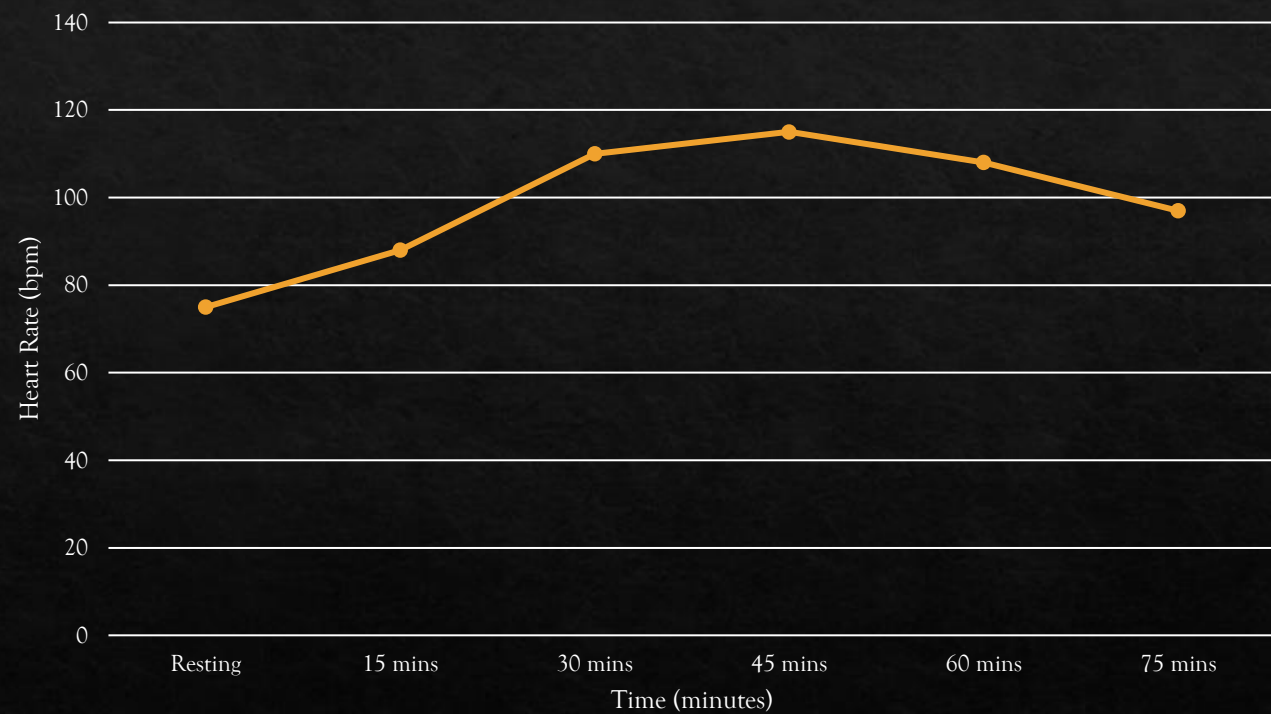
MY HEART RATE DURING AN ACTION MOVIE



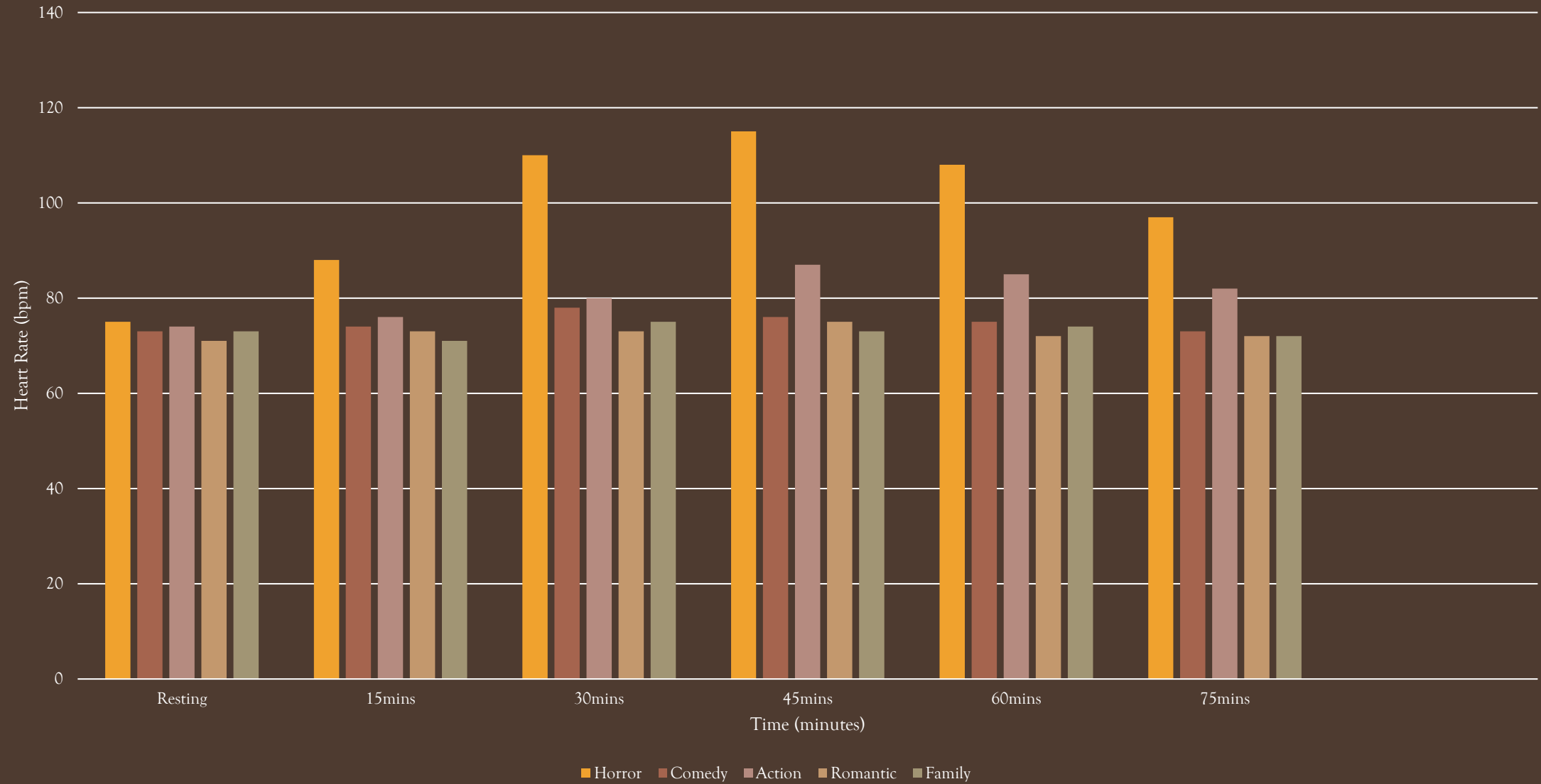
THE GRUDGE



My heart rate during a horror movie



My heart rate during different movies



Conclusion

- ◆ Heart rate CAN have an impact on our heart rates.
- ◆ In the case of my experiment of my own heart rate, horror movies had a greater affect on mine as I hypothesized.