As a class, you will determine the range of heartbeats per minute to fill in on the y-axis of your data table. When that axis has been filled in, plot your resting pulse rate on the graph below with a dotted line. After you have exercised and calculated your pulse rate per minute for the seven-minute period, plot your results on the graph below. Then draw a line through the data points.

Recovery Time

Change in Heart Rate
( Beats per Minute)

Questions
Write your answers on a separate sheet of paper.

1. What are some of the factors that influence resting pulse rate? Why might an athlete have a lower pulse rate than a person who does not exercise regularly?

2. In the “Recovery Time” graph, describe the changes that occurred to your heartbeat in minutes 1–7. Use specific numbers from the data table in your response.

3. If you compared the graph of an extremely fit athlete with the graph of a sedentary 50-year-old individual, would you expect them to be alike or different? Explain your reasoning.

4. What effect could a longer pulse recovery period have on a person’s ability to perform certain activities? What effect could a shorter pulse recovery period have?

5. What might a person do to improve his or her recovery period?