SCIENCE

By Michael

FAIR TEST

COMPARE PULSE RATE

- **Exercise: Star Jumps**

- **How long: 1 min**

- **Prediction: I predict the younger members will have higher pulse rate after exercise, and the older members much higher heart rate after exercise. This I think because children's body are used to being generally active. Adults body has much work to do to pump blood around the body so heart rate becomes higher. I also predict me and my sister will have higher star jumps.**

Name of family members	age	Pulse rate (resting)	Pulse rate (after exercise)	Jumps
Mum	30's	72	102	74
dad	40's	74	108	71
Me	10	80	89	78
Sister	7	84	90	81

CONCLUSION

My prediction was right because when my sister did the star jumps she had a higher pulse than everybody else. What might not be fair about this is how many star jumps each person does (faster, medium or slow rate within 1 minute). If a person does 5 and another does 10 star jumps, the person who did 10 will obviously have the higher pulse. Also, you need to time the star jumps or any exercise right (start to finish), otherwise its not a fair test.

DOES YOUR DATA HAVE A HIGH LEVEL OF TRUST. EXPLAIN?

My data has high level of trust, I made sure the test was fair by:

Same stopwatch used, shouted START (before) & STOP (after 1minute) for each person.

The same environment garden, flat surface that everyone stood on.

Everyone had same light sports clothes on & light trainers.

I made the data interesting by also counting the number of star jumps completed within the 1 minute. From the data, mum and dad had lower star jump number. Adults have reduced exercise rate than children. It may be that

everyone had different speed whilst doing the star jumps.

I was right to predict that the faster someone does the star jump exercise, the higher the pulse rate will increase.

Future test on healthy eating

On future test on healthy eating, I would like to look at the age group from children to adults on the group that remembers to eat their five a day fruits and vegetables. The data will be for a week study. It will be interesting to see the group that eats the most fruit and vegtables.

Name of family members	age	Pulse rate (resting)	Pulse rate (after exercise)	Jumps
Mum	30's	72	102	74
dad	40's	74	108	71
Me	10	80	89	78
Sister	7	84	90	81