

## Lab Report Template

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### Activity 4.3.4 Raising the Beat

#### Problem

Will jumping jacks increase your heart rate? You sit at your desk all day, and need to raise your pulse to stay awake.

#### Hypothesis

If a person exercises with 25 jumping jacks after sitting for a prolonged period of time then their heart rate will increase because of movement.

#### Materials

- Electronic devices to record data

#### Procedures

1. Designate Subject 1 and Subject 2.
2. Take the pulse of Subject 1 and record the data
3. Take the pulse of Subject 2 and record the data
4. Subject 1 will perform 25 jumping jacks
5. Results are recorded.
6. Subject 2 will perform 25 jumping jacks.
7. Results are recorded.
8. Compare data

#### Data Collection

Qualitative data was collected through the collection of heart rate (pulse) via a timer and hand method.

Participant	Before Exercise BPM	After Exercise (25 Jumping Jacks) BPM
#1	76	80
#2	80	92

#### Analysis of Results

The results indicate that participant 2 experienced a greater increase in heart rate after exercise than participant one.

#### Conclusions

Based on the results, it can be inferred that all participants experienced increased heart rates post exercise. The hypotheses was correct because exercise after a prolonged sitting period increased heart rate. Possible sources of error include pulse calculation. Questions that could be further discussed include: does gender play a role in heartbeat speed? Does a person's athletic ability impact their heart rate?