*Heart Rate Notebooking Lab*

**Background Info:** When you go for a run, you may notice that you start to pant and sweat. Have you ever thought about what happens to your heart? In this activity you will investigate what happens to your heart rate as you increase your activity level. You will collect quantitative data as well as qualitative data throughout your experiment to either support or contradict your tentative hypothesis.

**Problem/Question:** What happens to a person’s heart rate as that person increases his or her activity level?

**Hypothesis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Prediction:** If \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , then\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Design Experiment:** What kind of exercise will you do? For how long? How many trials will you need to complete to show accurate results?

**Perform Experiment:** Try it out! Find your results now!

**Collect/Organize Data:** Create a table to show your data. Make sure your data is labeled with titles and units.

**What is your data telling you?** Look at it. Can you see any patterns or correlations?

**Conclusion:** Tell me about what you did in this experiment, what were your findings, and was your hypothesis supported or contradicted.