

**Conduct an Investigation: The Effect of Exercise**

**Name:** \_\_\_\_\_

**Purpose:** How does exercise affect the circulatory and respiratory system?

**Hypothesis:** When I exercise, my circulatory system will change by \_\_\_\_\_

and my respiratory system will change by \_\_\_\_\_

These changes will happen because \_\_\_\_\_

**Method:**

1. Heart rate will be taken before exercise. Breathing will be described before exercise.
2. Students will exercise (jumping jacks or running up & down stairs) for 5 minutes.
3. Heart rate will be taken after exercise. Breathing will be described after exercise.

**Observations:**

	Resting	After 5 min. exercise		After 5 min. of rest
Number of heartbeats in 1 min.				
Describe breathing				
Describe any changes in appearance (face?)				

**Analysis:**

#1. a) How did your heart rate change after exercise? \_\_\_\_\_

b) after 5 minutes of rest? \_\_\_\_\_

#2. a) How did your breathing change after exercise? \_\_\_\_\_

b) after 5 minutes of rest? \_\_\_\_\_

#3. Often your temperature goes up when you exercise. Why do you think this is so?

\_\_\_\_\_

...and you sweat. Why do you think your body does this? \_\_\_\_\_

**Conclusion:**

In a sentence, answer the question stated in the purpose.

\_\_\_\_\_  
\_\_\_\_\_



\*\*\*\*\* Please hand in \*\*\*\*\*

**Inquiry: Level \_\_\_\_\_**

able to independently & correctly complete chart of observations and answer associated questions.	<b>Level 1</b> Attempted but regular assistance needed or frequent errors.	<b>Level 2</b> Some assistance needed...or...several mistakes	<b>Level 3</b> A little assistance needed ...or...minor errors	<b>Level 4</b> All criteria met
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**A1.5 – conduct an inquiry, controlling some variables**

**A 1.10 – draw conclusions from data**