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

**Feel the Beat: Procedure**

DESIGN A PROCEDURE to explore how different types of activity affect pulse rate. Describe how you will change the independent variable, measure the dependent variable, and keep the other factors constant in your experiment. Include enough detail so that you or someone else could repeat your experiment and get similar outcomes. Consider multiple trials to gain confidence in your results.

Dependent Variable: Pulse Rate

Independent Variable: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Constants: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Prediction: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I predict this because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

**Procedure**

1.Have each test subject take their resting pulse for one minute.

2. Record the pulse rates of each test subject in the data table under the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ column.

3. Have the test subject perform the exercise activity by\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for one minute.

4. Immediately after the exercise activity, have each test subject take their pulse for one minute.

5. Record the pulse rates for each of the test subjects in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ column of the data table.

6. Allow each test subject a minute to rest, then repeat steps 1-5 for trials two and three.

Answer the questions on the back before continuing.

Procedure Design Questions:

1. Why is it important to have a data table?

2. Why is it important for all of the test subjects to perform the activity for the same amount of time?

3. Why is it important to average the data at the end of the experiment?

4. Why is it important to perform multiple trials during the experiment?

5. Why is it important to graph your data after the experiment?

\*Have your teacher approve your procedure and your questions before you may begin collecting data.