

Name: _____

Breathing Rate and Heart Rate**Instructions:**Part 1:

- **Choose one partner as the subject for this activity.**
- Place two fingers just under your jawbone and to the left of the middle of your neck.
- Count the number of beats you hear for 30 seconds.
- Record the number in the chart below.
- Multiply by 2, this is your resting heart rate.
- Now record the number of times you breathe (in and out count as one) in 30 sec.
- Multiply by 2, this is your resting breathing rate.

Part 2:

- Have the subject jump up and down for 1 minute.
- Quickly have them measure their heart beat for 30 seconds
- Record the number in the chart below
- Multiply by 2, this is your heart rate when you are exercising.
- Also, record breathing rate as above.
- Observe the difference in heart rates and breathing rates.

	Resting (in 30 sec)	×2	After Activity	×2
Heart Rate				
Breathing Rate				

1. How was your heart rate affected by physical activity?

2. Explain why heart rate and breathing rate following physical activity are related to each other.