

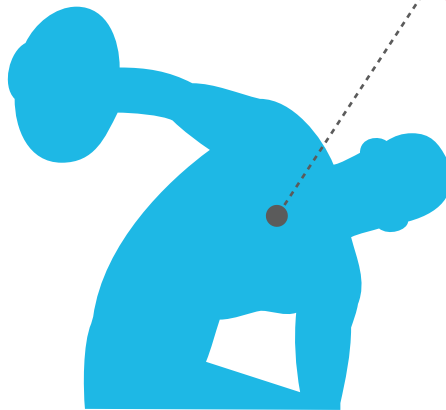


Name: John Harris
Sport: Discus
Age: 66
Gender: Male

Resting heart rate: 91 bpm
Heart rate after 2 minutes exercise:
Immediately after: 132 bpm
1 minute after: 104 bpm
2 minutes after: 99 bpm
3 minutes after: 98 bpm
4 minutes after: 102 bpm
5 minutes after: 91 bpm

I've got the power

How do you compare to Paralympic medal winner John Harris?



Your Data

Name: _____

Favourite activity: _____

Gender: _____

Age: _____

Resting heart rate: _____ bpm

Heart rate after 2 minutes exercise:

Immediately after: _____ bpm

1 minute after: _____ bpm

2 minutes after: _____ bpm

3 minutes after: _____ bpm

4 minutes after: _____ bpm

5 minutes after: _____ bpm

www.getinthezone.org.uk

Practical science exploring the mind and body in motion

Live Data Zone

Enabling you to work like a real scientist

Check out...

www.getinthezone.org.uk/livedatazone to see experiment results from across the UK. Add your results to compare with others in your class, school, and the national average data



Visit the Live Data Zone to find out the following information:

The difference between resting heart rate and heart rate 4 minutes after exercise for:

people who do up to 1 hour activity per week: bpm

people who do over 5 hours activity per week: bpm

Do people who think they are fit have a faster recovery rate?