



Name: Helena Castle-Smith  
Sport: Rowing  
Age: 20  
Gender: Female  
Height: 183  
Asthmatic: No

Resting heart rate: 83 bpm  
Heart rate after 2 minutes exercise:  
Immediately after: 135 bpm  
1 minute after: 115 bpm  
2 minutes after: 109 bpm  
3 minutes after: 98 bpm  
4 minutes after: 87 bpm  
5 minutes after: 85 bpm

# I've got the power

How do you compare to Welsh National rower Helena Castle-Smith?



## Your Data

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

Favourite activity: \_\_\_\_\_

Gender: \_\_\_\_\_

Age: \_\_\_\_\_

Height: \_\_\_\_\_ cm

Asthmatic: \_\_\_\_\_

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](http://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](http://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?