



Name: Mark Hampton
Sport: Shooting
Age: 27
Gender: Male
Height: 176
Asthmatic: No

Resting heart rate: 65 bpm
Heart rate after 2 minutes exercise:
Immediately after: 120 bpm
1 minute after: 94 bpm
2 minutes after: 88 bpm
3 minutes after: 85 bpm
4 minutes after: 90 bpm
5 minutes after: 87 bpm

I've got the power

How do you compare to GB shooter Mark Hampton?



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

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?