

Exercise and heart-rate investigation

1.	Can you explain the shape of your graph? (What is happening to your heart-rate as you change the level of exercise you are doing?)	
2.	Can you explain what is happening in your body over the course of the graph? (Why does your heart-rate increase as you exercise?) (What happens in your body when you stop exercising?)	
3.	You may have noted that there were other physical changes to your body as you exercise. Your breathing rate might have increased. You might have felt hot and/or sweaty. Can you explain why these changes happened?	
4.	What do you think the effect of your life-style (fitness, diet, etc) may have had on your results?	
5.	Can you find out three things which may have a negative effect on your ability to exercise effectively and to recover from exercise?	1. 2. 3.