PE:Heart Rate



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Did my heart get faster or slower when I exercise?

WHY?

Question 1: My Answer

Comparing from not exercising and exercising, exercising was a little bit faster. I think it will be faster because when we exercise we need more oxygen then we normally do so the heart needs to beat faster to have oxygen.

Which activity made my heart beat faster?

WHY?

Question 2: My Answer

When I did sitting & standing from the chair and jumping jacks, jumping jacks was faster. I think this happened because when we do jumping jacks we will move more and use energy so we need more oxygen for it so the heart needs to work harder than when sitting and standing.