

Chapter 7

Use with Section 1

ENRICHMENT**● Circulation****Exercise and Circulation**

Design an experiment to test the circulation of six of your friends or family members. Choose an exercise that will increase circulation, such as running in place or jumping jacks. Take a pulse reading or a blood pressure reading for each person before and after exercising. Make sure the exercise is not too strenuous for anyone you are testing.

Fill in the following table as you conduct your experiment. The rate in the table refers to the pulse rate or blood pressure reading. If you need more space, use a separate sheet of paper.

	Person 1	Person 2	Person 3	Person 4	Person 5	Person 6
Name						
Age of person						
Rate before exercise						
Type of exercise						
Length of time exercising						
Rate after exercising						
Rate after resting						

Write a conclusion for your experiment. Include answers to the following questions.

1. Did the heart rate differ with age?
2. Did the heart rate go up by the same amount in all the people tested?
3. How long did each person rest after exercising? Had his or her heart rate returned to the first measurement? Test yourself to see how long it takes for your heart rate to return to normal.

Conclusion
