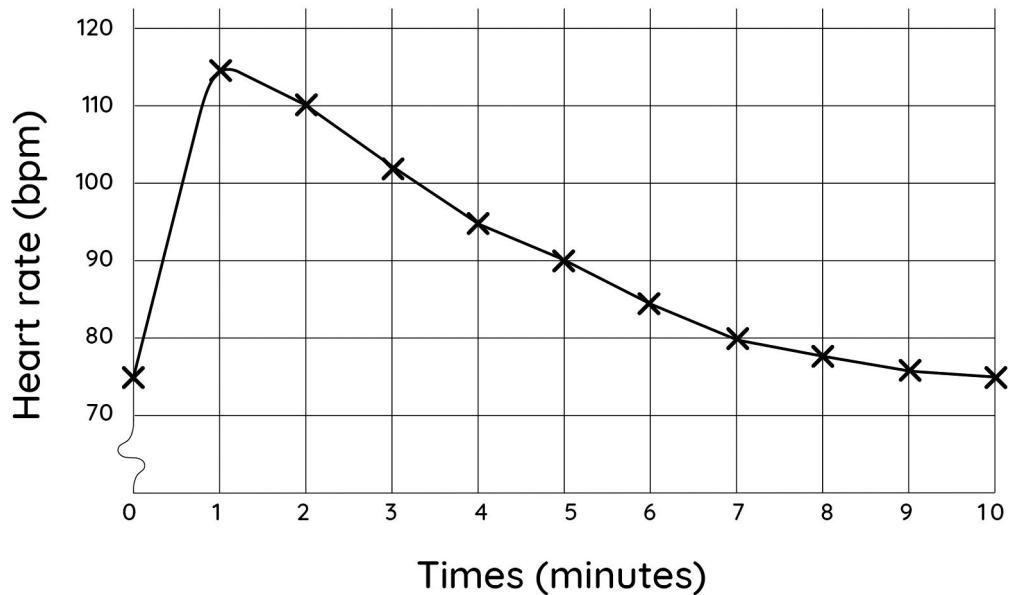


Knowledge and skills catcher: Circulation and health

A person had their heart rate measured before doing exercise, during one minute of exercise and after.

Time (mins)	Heart rate (bpm)
0	75
1	115
2	
3	102
4	
5	90
6	85
7	
8	78
9	76
10	75



1

Describe one way the person's heart rate could be measured.

2

Complete the missing values in the results table using the line graph.

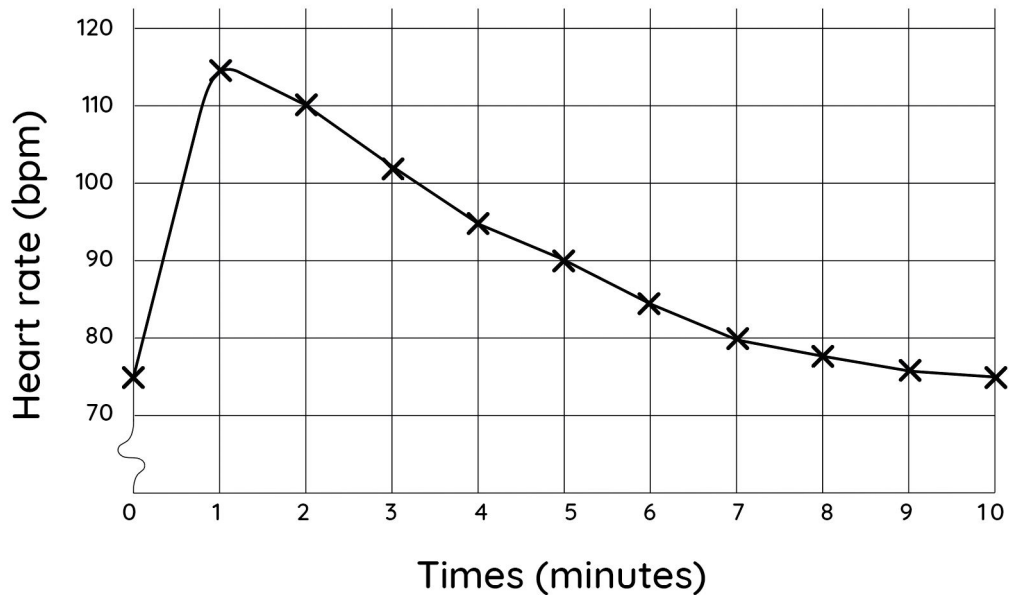
3

Why did the person have their heart rate measured at 0 minutes before they did exercise?

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4 What happened to the person's heart rate in the first minute?

5 Why does this happen during exercise?

6 Name one factor that has a positive effect on health and one that has a negative effect.
