Print out the chart below. As you sit at your computer, place your index and middle finger on your neck right below your chin until you feel your heartbeat. Count the number of heartbeats in 10 seconds. Perform the activities in the chart and then fill in results. State each activity and the data collected (number of heartbeats in 10 seconds) for each activity.

\left.| EFFECT OF EXERCISE ON HEARTBEAT RATE |  |
| :--- | :--- |
| ACTI VITY | NUMBER OF HEARTBEATS |
| IN IO SECONDS |  |$\right\}$| SITTING AT COMPUTER |
| :--- |
| WALK FROM ONE ROOM TO ANOTHER |
| SKIP OR HOP IN PLACE FOR ONE MINUTE |
| RUN IN PLACE FOR ONE MINUTE |

