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The Effects of Exercise on Heart Rate and Blood Pressure Were Tested by Second Graders-PhUn Week Poster Session EB 2014

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The Effects of Exercise on Heart Rate and Blood Pressure Were Tested by Second Graders

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Objective

➢ To perform a physiology experiment with second graders testing the effect of exercise on heart rate and blood pressure.

Methods

➢ The physiologist described the job of a physiologist
➢ Background information on the cardiovascular system was presented.
➢ Students set out to prove their hypothesis; exercise increases heart rate and blood pressure.
➢ The teachers paired the students.
➢ Resting levels of heart rate and blood pressure were measured with monitors.
➢ Snack time.
➢ On the playground one member of each pair ran laps for five minutes while the other cheered them on.
➢ When exercised was completed heart rate and blood pressure were measured.
➢ The exercise was repeated with the other member of the pair.
➢ Results were recorded and discussed with the class.

Results

➢ For the majority of students heart rate and blood pressure increased with exercise.
➢ Student pace during exercise varied greatly with some walking after only 30 seconds.
➢ Students had a difficult time putting on the monitor and securing it tightly.
➢ Several had to attempt to take readings more than once which led to a lower reading.

Conclusions

➢ Students proved their hypothesis and learned about the benefits of exercise
➢ Limit exercise to three laps around playground
➢ Run with the students so they exercise at one pace
➢ Do not forget to schedule in snack time in the middle of session
➢ Have PhUn week earlier in the year so winter coats are not interfering with heart rate blood pressure monitors

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