

Assessment tasks

6.1 Formal assessment



Practical investigation

The average heart of a healthy person beats approximately 70 times per minute. The fitter a person is, the lower the heart rate.

Aim:

Method:

1. Identify ten learners (five boys and five girls) in your class to take part in the following investigation.
2. Determine the heart rate of each learner and record it on the table.
3. Get all ten learners to do some exercise, e.g. to run up and down the stairs.
4. After the learners have exercised enough, determine the heart rate per minute of each one again. Record it in the table.

Observations:

Boys	Heart rate (before exercise)	Heart rate (after exercise)	Girls	Heart rate (before exercise)	Heart rate (after exercise)
Total					
Average (divide by 5)					

Variables:

Independent variable (Which is changed.)	Dependent variable (Which is measured.)	Controlled variable(s) (Which remain(s) the same.)

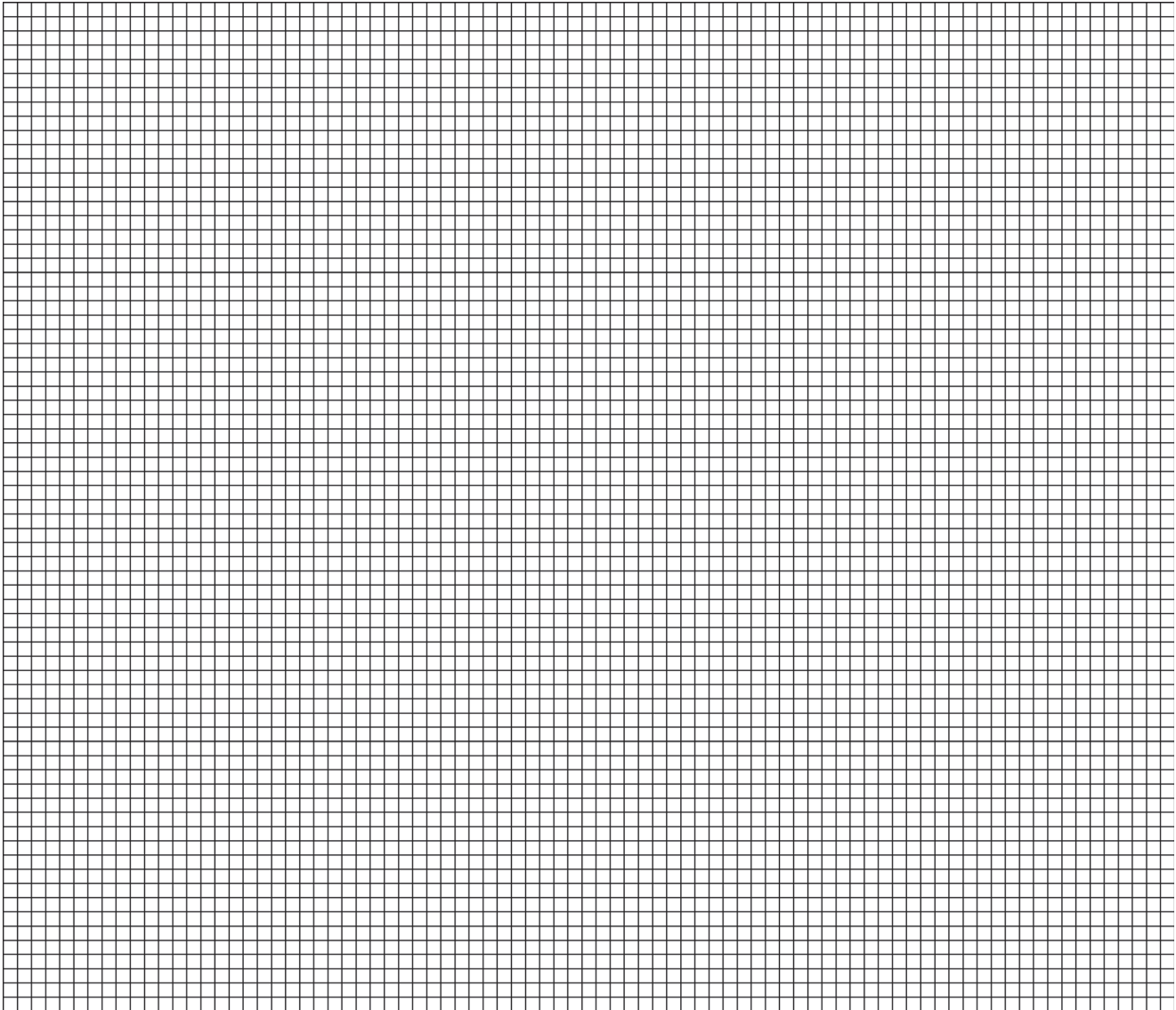
Results:

Draw a bar graph with the information you have gathered.

The following bars must be shown:

Girls (before exercise); boys (before exercise); girls (after exercise); boys (after exercise)

Provide the graph with a title and labels.



Conclusions:

1. Which learner is the fittest? Why?

2. How does the average heart rate of the boys compare to the average heart rate of the girls?
