## Exercise Lab Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Use this to guide you as you do your lab!

\* This does not count as your lab report. \*

* Pick exercises
  + 2 aerobic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + 2 anaerobic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Design your lab to answer these questions:
  + How will these exercises affect your heart rate?
  + Why are they considered aerobic or anaerobic?
  + What are your resting, active, and post-active heart rates?
  + Which require the most cardiovascular endurance?
  + Explain the changes in your heart rates.
  + How do the different types of exercises affect your body’s homeostasis?

**Question**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Hypothesis**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Design your lab like you are giving it to someone else to do. DETAILS!!! Include materials and methods for **each** exercise!

**Materials**:

**Methods**:

**Data**:

* Remember: every good experiment has multiple trials! More data = better results
* Use tables to organize your data.
* Line graphs and scatter plots are a great way to show changes in heart rate! ☺

#### Analysis

AT LEAST 2-3 paragraphs (5-7 sentences each)

Here are some basic analysis questions! Again, **basic**!

* Did you reject/confirm your hypothesis? - What does your data mean?
* What could have made your data inaccurate? - What could you do to improve the lab?
* Basically, explain your results and how you got them.

**Conclusion**: Summarize the lab and your results. Finalize everything. (At least a paragraph)