**Question**: What is the effect of exercise on breathing rate?

**Procedure**:

1. Work with a partner. One person will be the *participant*; the other will be the

*investigator*.

 - The investigator is responsible for starting, stopping and timing.

 - The participant is responsible for counting the breaths he/she takes during

the investigation.

2. The participant will sit very still for 1 minute; breathing normally. At a signal

from the investigator, the participant will count how many complete breaths

(in and out) he/she takes in one minute. The investigator will watch the clock

and start and stop the participant.

3. Record the data in the data table.

4. Repeat the process while walking in place for one minute. Record the data on

the data table.

5. Repeat the process while jogging in place for one minute. Record the data on

the data table.

6. Switch participant / investigator roles and repeat the experiment.

Hypothesis: If \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_,then \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

IV: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DV: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
|  | Participant | Participant | Participant |
| Type of Activity |  |  |  |
| Sitting Still |  |  |  |
| Walking in place |  |  |  |
| Jogging in place |  |  |  |