Measuring the pulse rate

Lily and Ahmed measure their pulse rate.

- Lily has a pulse rate of 90 beats every minute.
- Ahmed has a pulse rate of 92 beats every minute.

They want to find out how exercise changes their pulse rate.

(a) Predict Lily's pulse rate after exercise.

Tick the correct answer.

60 70 80 90 100

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(b) Lily does some exercise.

Ahmed does some exercise.

They want to compare their pulse rates.

What two things must they do to make this a fair test?

1 .....

.....

2 .....

.....

(c) To be healthy Lily and Ahmed need to exercise.

How much exercise do they need to do to stay healthy?

Tick the best answer.

once a day

once an hour

once a month

once a week

once a year

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