

学生姓名：_____ 班级：_____ 日期：_____

活动 练习 (Latihan Aktiviti)

(A) 活动指示

归纳运动前与运动后的心跳，呼吸及脉搏率的变化。把正确的答案填写在空格内。

1. 呼吸率急促

2. 脉搏率高

3. 心跳快速

4. 脉搏率低

5. 心跳较慢

6. 呼吸频率较慢

运动前

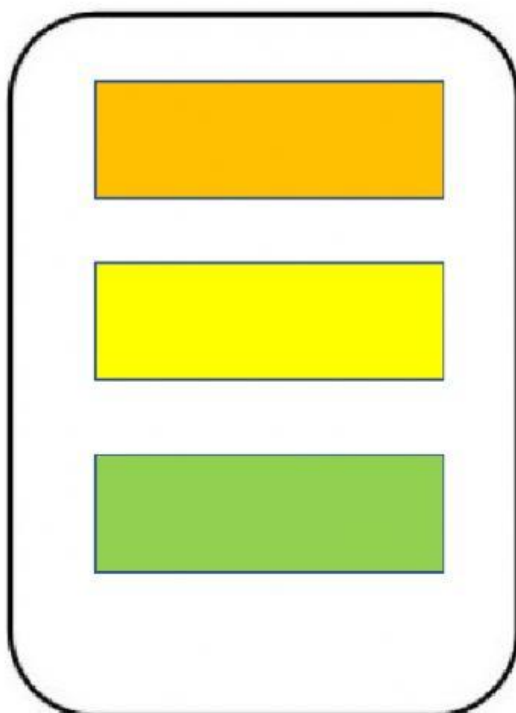


Diagram of a person's torso before exercise, showing three empty rectangular boxes for recording observations.

运动后

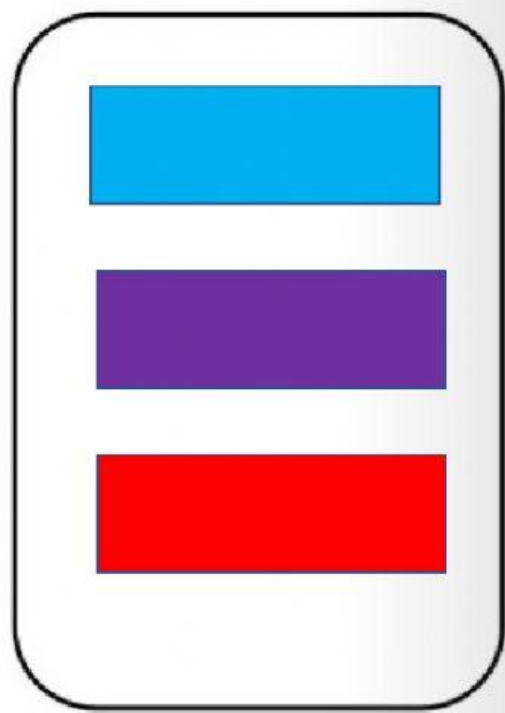


Diagram of a person's torso after exercise, showing three empty rectangular boxes for recording observations.