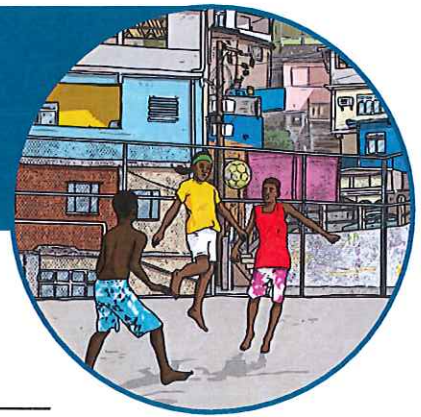


Which Football Warm-Up Activity Will Increase Heart Rate the Most?



Prediction (Explain what you think will happen.)

I think the _____ exercise will increase heart rate the most. I think the _____ exercise will increase heart rate the least.

Method (Write a step-by-step explanation of the experiment.)

1. _____
2. _____
3. _____
4. _____
5. _____

Results

Activity	Pulse Rate (beats per minute)
Resting	
Gentle jogging	
Quick sidesteps	
Hamstring stretch	
Quad stretch	

Conclusion

Which exercise made your heart rate increase the most? _____

Which exercise made your heart rate increase the least? _____

Why do you think this is? _____