**Example Conclusion**

I conclude that when the rate of movement is greater (increased), from resting to star-jumps compared to resting and a brisk walk, the faster the pulse rate. I can support this statement with my results because the average pulse rate while sitting was 50bpm compared to when making star-jumps (intensifying the rate of movement) the average pulse rate was 108bpm, increasing by 58bpm. Whereas before the brisk walk my resting pulse rate was 52bpm and then after my brisk walk my pulse rate only increased by 20bpm to 72bpm. This proves that the greater rate of movement (increased) produces a higher pulse rate.

Referring back to my further prediction I correctly predicted that increasing the movement from a brisk walk to star jumps created a faster pulse rate.

The reason why my heart beats quicker is because my muscles are working harder and need more oxygen and nutrients to keep going. The increased pulse rate means increasing the rate of the blood flowing around the body to the muscles. My heart speeds up to pump extra food and oxygen to the muscles, breathing speeds up to get more oxygen into my lungs then into my blood stream to my heart. At the same time my lungs get rid of waste carbon dioxide picked up by the blood, transported to the heart and then to the lungs to be breathed out. When I am resting, my muscles need less oxygen and nutrients so my heart and breathing rate slows down.

My results support the fact that increasing the movement by changing the exercise increases the heart rate, therefore I predict that if I increased the movement again, my heart rate and breathing rate readings would become even greater than the results I collected in this investigation.