**Investigation**

**Things we will change**

We will be changing the rate of movement.

**Things we measure**

We will be measuring pulse rate and breathing rate.

**Question:**

What will happen to the pulse rate and breathing rate when I change the rate of movement from sitting to a brisk walk?

**Things we will keep the same**

* **The same person will complete the exercise.**
* **I will measure the resting pulse rate and breathing rate for the same amount of time each time (1 minute).**
* **I will measure the pulse rate and breathing rate during the exercise for the same amount of time (1 minute).**
* **I will measure the pulse rate and breathing rate after the exercise for the same amount of time (1 minute).**
* **I will measure my pulse in the same place each time.**
* **I will walk briskly for 2 minutes.**

**My prediction**

I predict that the pulse rate and breathing rate will become quicker when we change the movement from sitting (resting) to a brisk walk (increasing the rate of movement). This is because …………..