Name: Mr. Cross **Circuit Training Record**

	Session 1	Session 2	Session 3	Session 4	Session 5	Total
Twists	63	69	61	72	70	335
Sprint starts	46	50	56	56	59	267
Spotty dogs	46	54	57	54	52	263
Burpees	13	15	12	15	16	71
Jumping Jacks	36	33	34	35	36	174
Squat thrust	20	23	20	24	20	107
Side to sides	54	60	61	64	62	301
Rock n' roller	13	14	12	14	14	67

Calculate: Apply skills to each exercise data set. You're welcome to use mine and/or 'handle' your own data.

Mean (average) = 63 + 69+ 61+ 72 + 70 = 335 / 5 = 67

Median = 61, 63, *69, 70, 71

Mode No modal value

Maximum = 72

Minimum = 61

Range = 72 - 61 = 11

Investigating Pulse Rate

When our body moves and our muscles work, our heart has to work harder to pump blood around our bodies, helping to supply the extra oxygen and energy our muscles need. Our **pulse rate** is the number of times our heart beats in 1 minute. **Rest Pulse** is the number of times your heart beats in one minute when your body is at rest.

My predictions:

I predict that _____ will increase my pulse rate **most**.

I predict that _____ will increase my pulse rate the **least**.

	Rest Pulse	Pulse rate after 30 seconds	Increase in pulse rate
Twists			
Rock n' roller			
Sprint starts			
Spotty dogs			
Side to sides			
Burpees			

Conclusion: I have found out that _____

_____

_____

_____

Investigating Breathing Rate

We have already investigated what happens to our pulse rate when we exercise our bodies. Our lungs and heart work together, with the lungs passing oxygen into our blood before it is pumped around our bodies by our heart.

What will happen to my breathing rate when I exercise?

I predict that _____

_____

_____

	Breathing rate at rest	Breathing rate after 30 seconds	Increase in breathing rate
Twists			
Rock n' roller			
Sprint starts			
Spotty dogs			
Side to sides			
Burpees			

Conclusion: I have found out that _____

_____

_____

_____