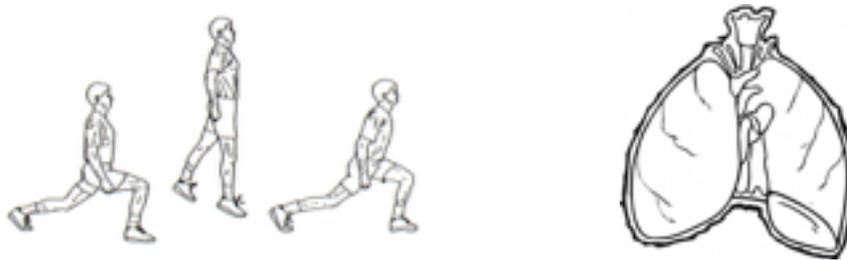


PROJECT 1:

NAME:



0. Introduction

Lung capacity (or lung volume) varies along the years. The purpose of this project is to calculate lung capacity in a simple way: inflating balloons. Choose 4 people (4 your age, 4 older than you -no more than 5 years of difference-). Let them inflate a balloon in just one try and, without letting the air out, measure the diameter of the balloon using a tape measure.

REMEMBER: The amount of air expelled is related to the amount of air that the lungs can hold (there is always a residual amount left).

Exercise changes heart rate. Depending on the type of exercise & body position -among other reasons- the pulse can vary greatly. The purpose of this project is to calculate the differences in heart rate between exercises and positions. Choose 8 people (4 girls, 4 boys). Ask them to perform two exercises & register the pulse right after they stop (& 2 minutes afterwards). This way you can comment the data collected and obtain conclusions.

1. Objective:

LUNG CAPACITY & HEART RATE: COMPARATIVE

2. Research:

Look for more information about the topic (Get facts and data from reliable sources)
Ex: Average lung capacity in kids/adults, breaths per minute....etc.
-Information which might be helpful to you-

3. Hypothesis:

Based on your research, what do you think it is going to happen?

4. Materials:

List the materials needed

5. Procedures:

Make a detailed list of the steps you follow.

6. Results:

Write the results: name & surname, data -& the average-. Graphics.

7. Conclusions:

From what you observed, how would you answer the original question?
Summarize your findings.

ADULT GROUP

Name	Age	Diameter (cm)
AVERAGE		

Kids

Name	Age	Diameter (cm)
AVERAGE		

EXERCISE 1 Teachers...

Name	Resting pulse		After ex.	2 min. after ex.
				
				
				
AVERAGE				

EXERCISE 2 Up to the group...

Name	Resting pulse		After ex.	2 min. after ex.
				
				
				
AVERAGE				