

Name _____

Date _____

Heart Rate and Exercise

A researcher asked people doing exercise to rate their effort level. The researcher also measured people's heart rates. Data were taken on two different days.

(1) Use technology to plot the data from both days. (View heart rates in a window from 145 to 175.) Describe the main patterns you see.

(2) On one of the days, the exercise room was warm, and on the other day, the room was cool. Which day do you think was the warm day? Tell how you decided, and support your answer with calculations.

Heart Rate & Effort in Exercise

Day 1	Day 2
HR, Effort	HR, Effort
150.9, 1.3	148.6, 1.6
155.2, 1.5	152.7, 1.9
158.5, 1.8	153.9, 2.3
159.4, 2.1	155.4, 2.9
161.2, 2.1	156.6, 2.9
162.2, 2.3	157.9, 3.1
163.5, 2.4	158.9, 3.6
163.5, 2.7	159.7, 3.7
164.8, 2.7	160.6, 4.1
166.3, 2.9	161.3, 4.2
167.2, 3.0	162.3, 4.3
167.2, 3.3	162.4, 4.6
168.1, 3.4	163.4, 4.7
169.2, 3.4	164.2, 4.8
169.2, 3.5	164.8, 4.7
170.3, 3.5	165.0, 5.0
170.8, 3.6	165.4, 5.1
170.4, 3.7	167.0, 5.2
171.9, 3.7	166.5, 5.3
172.3, 3.9	166.7, 5.4

Each person's heart rate (beats per min.) and effort (1–6 scale) were recorded every 3 min. A group average was then calculated, creating one data point such as (150.9, 1.3).