BRIEFING / CONSENT SHEET

Observing the effects of exercise on the human body

The purpose of this practical is to investigate how the heart rate of humans changes when they exercise.

You and your classmates will be the humans that we investigate.

SAFETY: If you know you have any condition that affects you doing exercise, please make sure your teacher knows before you start the investigation.

In the investigation you are going to measure and record your heart rate, before and after doing some physical activity. We want to collect all the class results together so we can see if there are any patterns. Once we know what happens, we can start to think about how our bodies control our heart rate.

The results will tell us something about the heart rate of people in your group, and you will see how your heart rate compares with others. But, when we put all the information together, no one will know who has put in each number so only you will know what your heart rate is in each situation.

* You are participating in a piece of scientific research.
* The activity is **not** a competition.
* The results will **not** show anyone how fit they are because we are measuring heart rate on only one day, in unusual circumstances.
* If your heart rate is very different from others in your group, don’t worry. It is very likely that some people have not taken their pulse rate accurately.
* If you are worried about the results at the end of the practical, please stay to talk to your teacher about it.
* You do not have to take part in the exercise.
* You can stop at any time (but tell your teacher).
* You don’t have to put your results into the class set.
* There will be no long-term effects.

Please write your name and tick the boxes to show how you feel. Then return this slip to your teacher.

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Name: ……………………………………………………………

* I am happy to start the activity.
* I do not have any conditions that affect me doing exercise
* I know I can stop at any time.
* I know I can leave my results out of the class set if I want to.