

# Breathing in Action Lab

Question – How does my breathing change while I am exercising?

Hypothesis – \_\_\_\_\_

Materials:

- Stopwatch
- Comp book

Procedure:

1. Complete each activity for one minute
2. Count your breaths (in) for that one minute
3. Record the data in to your comp book
4. Wait a few minutes before doing the next activity
5. Have your partner complete steps 1 through 4

Activity (1 min each)	# of Breaths for Partner 1	# of Breaths for Partner 2
Sitting		
Walking in Place		
Jumping Jacks		
Running in Place		

Answer the following questions in your comp book.

No, you do not need to write the question or write in complete sentences.

1. Was your hypothesis proven correct? Why or why not?
2. Which exercise affected your breathing the most? Why do you think that is the case?
3. Did the same exercise affect your partner the most as well? Why do you think it did or did not affect them the same?
4. Based on this lab, how is the respiratory system connected to your circulatory system?
5. If you are supposed to get 20 minutes of exercise every day, what would be a good routine for you personally?