I’ve got the power
How do you compare to Paralympic medal winner John Harris?

Name: John Harris
Sport: Discus
Age: 66
Gender: Male

Resting heart rate: 91 bpm
Heart rate after 2 minutes exercise:
Immediately after: 132 bpm
1 minute after: 104 bpm
2 minutes after: 99 bpm
3 minutes after: 98 bpm
4 minutes after: 102 bpm
5 minutes after: 91 bpm

Your Data
Name: ____________________________
Favourite activity: ___________________
Gender: ___________________________
Age: _____________________________

Resting heart rate: ___________________ bpm
Heart rate after 2 minutes exercise:
Immediately after: ___________________ bpm
1 minute after: ___________________ bpm
2 minutes after: ___________________ bpm
3 minutes after: ___________________ bpm
4 minutes after: ___________________ bpm
5 minutes after: ___________________ bpm

www.getinthezone.org.uk
Practical science exploring the mind and body in motion

Live Data Zone
Enabling you to work like a real scientist

Check out...
www.getinthezone.org.uk/livedatazone to see experiment results from across the UK. Add your results to compare with others in your class, school, and the national average data

Visit the Live Data Zone to find out the following information:
The difference between resting heart rate and heart rate 4 minutes after exercise for:

people who do up to 1 hour activity per week: ___________________ bpm
people who do over 5 hours activity per week: ___________________ bpm

Do people who think they are fit have a faster recovery rate?