Take to Heart Your Fitness

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Running is an aerobic sport that requires training to help you improve. In my experiment I wanted to know: How does heart rate and respiration rate reflect upon a person’s fitness level? Heart rate and respiration rate were collected during a 15 minute walk pace and 15 minute jog pace with five 14-15 year-old girl athletes. Average Heart Rate increased from 68.4 BPM at baseline to 124.6 BPM during the walk and 175.2 BPM during the run. At the same level of exercise, subjects who reported more training hours per week had lower heart rate and respiration rate. My conclusion was that the more time you put into exercise per week the lower heart rate and respiration rate you will have during physical activity.

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