

# How Does Your Breath Rate

You will be completing various aerobic activities and counting the number of breaths you take after each. You will then compare your breathing rate between the various activities in the form of a graph.

1. You will sit silently in your chair for 1 minute and breathe normally. At the end of the minute your partner will time you for 30 seconds while you count and then record the number of breaths taken in the 30 seconds.
2. Next you will walk in place for 1 minute. Your partner will keep track of the time. After the minute is up, sit silently in your chair and count the number of breaths you take in 30 seconds. Record that number.
3. Repeat step two but this time run in place for 1 minute while your partner times you. Afterwards sit silently in your chair and count the number of breaths you take in 30 seconds. Record your number.
4. Repeat everything from step 3 but this time do jumping jacks for 1 minute. When the minute is up, sit silently in chair and count your breaths for 30 seconds and record.
5. Switch roles with your partner and complete steps 1-4 again.
6. Your data should be recorded in a data table and should then be plotted on a graph.

## Questions

1. Which of the activities resulted in the most number of breaths in 30 seconds?
2. Why do you think that activity resulted in the highest number?
3. What is the ultimate purpose of breathing (note- do NOT say to stay alive. Be specific, what happens when we breathe?).