

Exercise and Blood Pressure

Analyze the data about how exercise affects blood pressure for 25 students.

Before Exercise	After Exercise	After Rest
114/65	120/67	116/66
115/59	120/61	117/60
115/59	120/62	116/60
115/65	120/67	116/65
117/66	123/68	119/67
117/71	122/74	118/72
117/76	122/78	118/76
119/73	123/77	120/75
120/74	124/77	121/74
120/81	125/82	121/81
121/77	126/78	122/77
122/78	127/79	123/79
123/69	128/72	124/70
123/74	128/76	124/74
123/77	128/78	124/77
124/68	129/71	125/67
124/79	129/80	126/79
125/75	130/77	126/75
125/78	129/79	126/79
125/80	130/81	126/80
126/67	130/69	127/67
126/75	131/78	127/76
126/79	130/80	127/79
127/68	131/70	127/69
127/77	131/79	128/77

1. Use a calculator and calculate the average of students' blood pressure

a) before exercise _____

b) after exercise _____

c) after rest _____

Name: _____

Date: _____

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(continued)

2. Graph the average of students' blood pressure before exercise, after exercise, and after rest.

Use the checklist below to help you complete your graph.

- Title your bar graph.
- Decide on a scale.
- Title and label the *x*-axis. Show the activity levels.
- Title and label the *y*-axis.
- For each activity level, plot the systolic and diastolic readings. Use a different colour for each type of reading.
- Join the points.

