

Name: _____ Date: _____

BLM 10-2

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.

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