

Reasoning Cards

3



Olympic Swimmer,
Georgia Davies

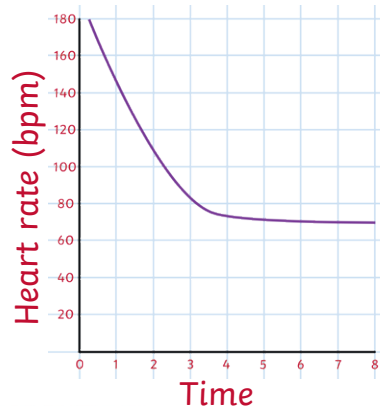


Office Worker

The better your heart fitness, the more quickly your heart rate returns to normal after exercise. These two women are the same age, have a similar build and both have healthy diets.

Useful information:

- The Olympic swimmer swims every day and enjoys being very active. Her resting heart rate is around 59 beats per minute.
- The office worker sits down for a lot of her working day. She enjoys going to the gym twice a week. Her resting heart rate is around 70 beats per minute.



This graph shows how the office worker's heart rate changes after 5 minutes of vigorous exercise.

If the Olympic swimmer also did 5 minutes of vigorous exercise, how would their heart rate compare? Discuss where their line might be on the graph and why.

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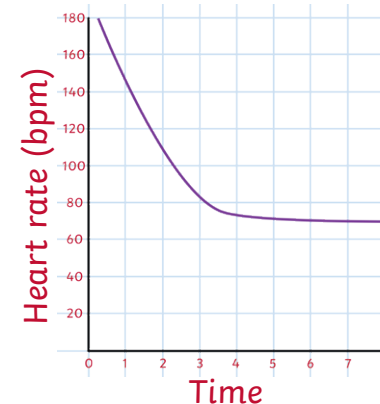


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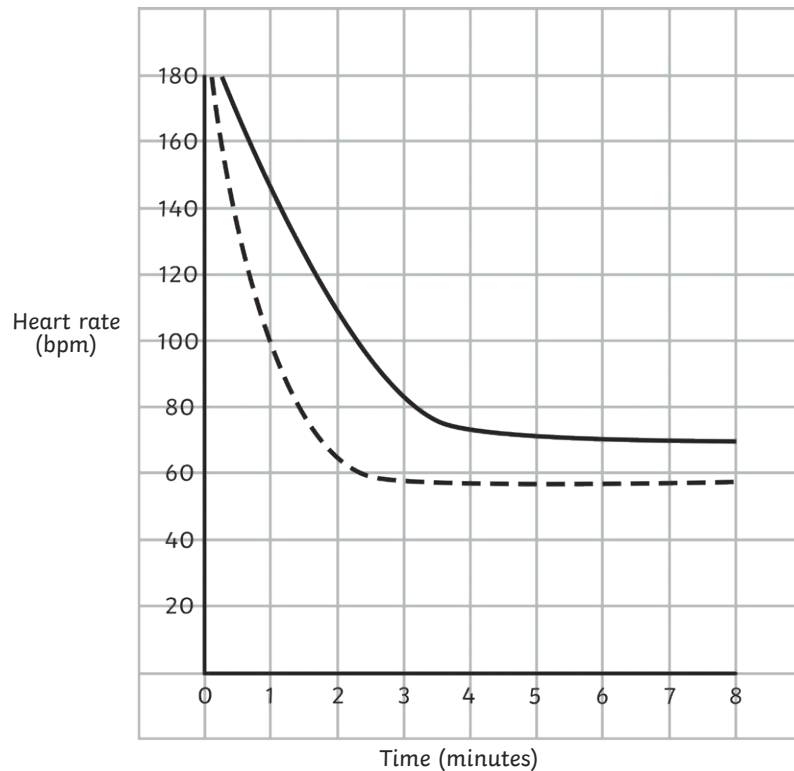
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Reasoning Card ③

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Example answer:



The answer should show that the athlete's heart rate drops down to her resting heart rate, which as we know from the information, is 59bpm. The athlete's heart rate should return to this resting rate more quickly than the office worker, as the healthier a person is, the quicker their heart rate will return to normal.