

Multiple Choice Answers

Q19: C

Multiple Choice Answers

Q17: B

Multiple Choice Answers

Q19: B

Multiple Choice Answers

Q22: B

Multiple Choice Answers

Q20: A

Multiple Choice Answers

Q19: C

2

1 independent variable

different intensities of exercise / different exercises / exercise for different lengths of time ;

2 dependent variable

after / during, exercise measure, heart rate / pulse rate ;

3 and 4 detail of method ;;

- description of named exercise of different intensities
- ensuring heart rate returns to resting rate
- use of a heart rate monitor

5, 6 and 7 constant variables ;;;

- same speed / distance / time, of exercise
- same age of people
- same sex of people
- same, person / fitness level / mass of person / height of person / BMI
- same, place / time of day / temperature / weather

8 at least three trials / two more repeats ;**9** relevant safety precaution ;