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GRADE 9 INVESTIGATION MEMO

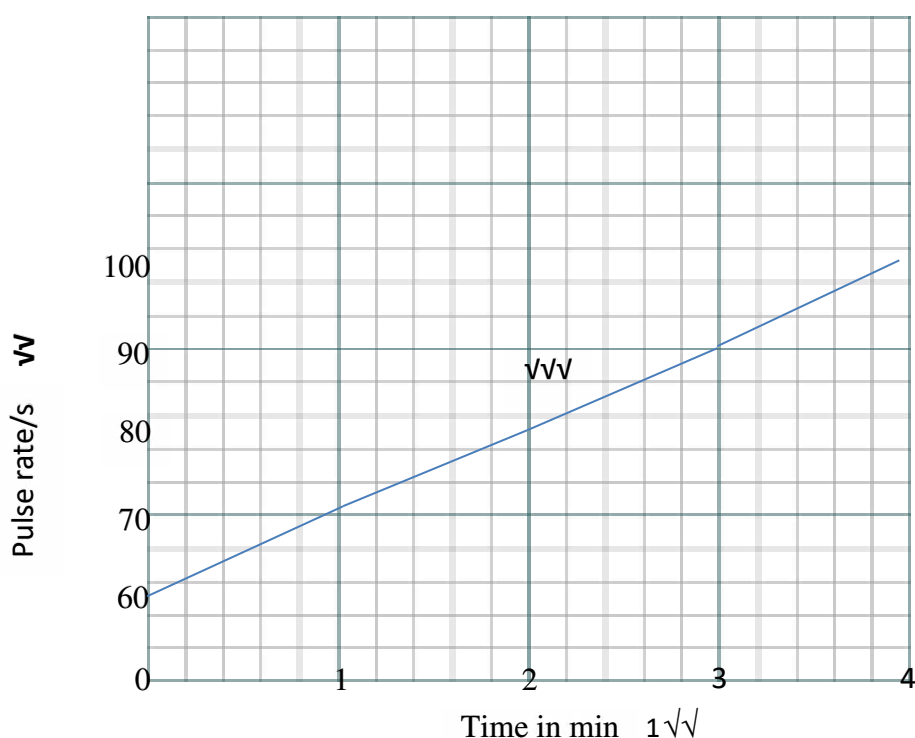
1. Any relevant question that will show a relationship between the pulse rate and the fitness of the body, e.g. Does the pulse rate have any effect on the fitness of the body? (2)
2. The increase in skipping will increase the pulse rate and hence indicate the fitness of the body. (Any appropriate answer which will consider skipping, pulse rate and the fitness) (2)
3. 3. Take your friend's pulse rate on the wrist and record it.
4. Allow your friend to skip for a minute.
5. Record your friend's pulse rate.
1. Allow your friend to skip again for a minute.
6. Take your friend's pulse rate.
2. Repeat 4 and 5 twice. (5)

Data collected (Any results obtained will be considered for the graph but there are no marks allocated for that.)

Time (in min)	Before skipping	After 1 minute	After 2 minutes	After 3 minutes	After 4 minutes
Pulse (per min)	60	70	80	90	100

4. Pulse (per min) (1)

5.



(7)

6. The duration of skipping and the pulse rate are directly proportional. OR

The more one skips, the higher the pulse rate. (2)

7. The hypothesis is acceptable because the results show that skipping increases the pulse rate. It can be concluded that fitness is displayed by an increase in pulse rate which is a result of an increased rate of skipping. (1)

[20]