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**Handout 31d: Exemplar science investigation text**

 **Exemplar text for the opening section of an investigation into the effect of exercise on heart rate**

I am investigating what happens to my ***heart*** when I take exercise.

My ***hypothesis***, what I think will happen, is that exercise will make my heart beat faster because the heart has to pump blood faster to enable me to do the exercise.

To carry out an investigation, you must compare two variables: two things which change or vary. For this investigation, I will compare my heart rate when I am resting and when I am taking exercise.

However, it is important to make the test fair. To make this test fair, I must record my heart rate for exactly the same amount of time when I am resting as when I am exercising. It is essential that all the other conditions remain the same because, otherwise, I wouldn’t know if it was the exercise or something else that was making the difference.