Breathlessness

Question

What causes us to feel breathless?

Experiments:

To examine and measure our breathing rate.

Materials:

You will need:

- A stop watch,
- a partner.

Method:

1. Sit still for 5 minutes and count how many breaths you take. This is known as the resting rate. *(Breathing in and then out counts as one breath.)*
2. Do some vigorous exercise for 2 minutes e.g. running.
3. With the help of your partner, check your breathing rate every minute after that.
4. Record how long it takes you to return to the resting rate.

Result:

Average breathing rate of sixth class pupils at rest =
Average time it took sixth class pupils to return to the resting rate after two minutes exercise =

Conclusion:

After exercise the breathing rate increases.
Find out more!
When you exercise you sometimes find yourself breathless and panting. This is because your hard-working muscles need more oxygen to fuel their movements. The heart rate increases so that more of the oxygen carried in the blood can reach the muscles. You breathe faster and deeper to get the extra oxygen from the air into your blood. With regular exercise, your breathing muscles and lungs become better at taking in more air more quickly. Your breathing rate and lung-power are good indicators of how fit you are.