

**National 5 Biology**

**Effects of Lifestyle Choices**

1. Give five examples of poor lifestyle choices and how each one affects a person's health. (5)
2. Give five examples of how to improve a person's lifestyle. (5)
3. Regular exercise is important for improving health. The following table shows the results of a person's pulse rate and exercise.

Time (seconds)	Pulse (beats/minute)
0	72
30	72
60	72
90	95
120	134
150	144
180	130
210	125
240	112
270	98
300	89
330	83
360	78
390	75
420	72
450	72
480	74
510	72
540	70
570	72
600	72

## Tobermory High School

- (a) Show the results from the table in a line graph. (4)
- (b) When did the exercise start? (1)
- (c) When did the exercise stop? (1)
- (d) How long did it take, after the exercise stops, for the heart to return to its resting rate? (1)
- (e) What was this person's resting pulse rate? (1)
- (f) Would you say that this person was healthy or unhealthy and give a reason why. (2)

**Total - 20**