

### Question 03

QUESTION	ANSWERS	EXTRA INFORMATION	MARK	AO / SPEC. REF.
<b>03.1</b>	<b>Level 3:</b> A coherent method is described with relevant detail, which demonstrates a broad understanding of the relevant techniques and procedures. The steps in the method are logically ordered. The method would lead to the production of valid results.		5–6	AO2/2 4.4.2.2
	<b>Level 2:</b> The bulk of the method is described with mostly relevant detail, which demonstrates a reasonable understanding of the relevant scientific techniques and procedures. The method may not be in a completely logical order and may be missing some detail.		3–4	
	<b>Level 1:</b> Simple statements are made which demonstrate some understanding of some of the relevant scientific techniques and procedures. The response may lack a logical structure and would not lead to the production of valid results.		1–2	
	No relevant content.		0	
	<p><b>Indicative content</b></p> <p>To get resting pulse:</p> <ul style="list-style-type: none"> <li>• sit still for 5 minutes (or other stated length of time)</li> <li>• take pulse using 2 fingers at wrist/neck</li> <li>• count for 15 seconds and multiply by 4 to get beats per minute</li> <li>• record pulse rate and repeat until pulse rate is constant low value.</li> </ul> <p>During exercise:</p> <ul style="list-style-type: none"> <li>• ensure exercise is of same intensity throughout</li> <li>• use a running machine with settings / use a metronome to get steps regular, etc.</li> <li>• do not measure pulse rate during exercise.</li> </ul> <p>After exercise:</p> <ul style="list-style-type: none"> <li>• immediately after stopping exercise note the time</li> <li>• immediately after stopping take pulse using 2 fingers at wrist/neck</li> <li>• count for 15 seconds and multiply by 4 to get beats per minute</li> <li>• record pulse rate and repeat until pulse rate is same as resting value</li> <li>• record the time at which the resting value is reached; this is the recovery time.</li> </ul>			AO1/1 4.4.2.2 4.4.2.3 4.1.3.1 4.2.2.3

Marks continued on next page.