

WRITING LABORATORY REPORTS

- Lab reports are to be done in blue or black ink or typed.
- All reports must be legible and neatly organized
- Make sure to include your first and last name as well as your homeroom.

ALL LAB REPORTS ARE TO INCLUDE THE FOLLOWING HEADINGS

TITLE:

- State the name of the lab.
- Ex. “Distance run and its effect on heart rates”

QUESTION:

- What is it that you are trying to find?
- Ex. “Does the distance a person runs effect their heart rate?”

HYPOTHESIS:

- The word hypothesis is a science term which means prediction. Basically it is what you think is going to happen with your experiment.
- Ex. “The further a person runs the faster the heart will beat”

MATERIALS:

- Written in the form of a list.
- Ex. “Heart rate monitor, treadmill, runner”
- Excludes basic material such as paper pencil people etc.

PROCEDURE:

- Written with numbered sequential (in a row) steps Ex:
- 1) Have runner get on treadmill and start to run at level 3
- 2) Record heart beat of runner after 10, 20,30 and 40 minutes.
- 3) (Other steps as needed)

VARIABLES:

- **MANIPULATED:** The thing that is changed in the experiment. Ex. “length of time spent on the treadmill.
- **RESPONDING:** The thing that changes when the manipulated variable is changed. Ex. Heart rate of the runner
- **CONTROLLED:** This is also known as the fixed variable. These are the things which do NOT change during the experiment regardless of what is being tested. Ex. The speed the runner moves on the treadmill.

OBSERVATIONS:

QUALITATIVE: Observations which do not involve numbers just what you see. Ex. As the distance ran increased, the subject (man) began to breath harder.

QUANTATIVE: Observations that use numbers. Ex. At 10 minutes of running the subjects heart rate was 122 beats/min

- Whenever possible, observations should include a **chart** of your results.

Min on treadmill	Heart rate beats/min
10	95
20	110
30	123

CONCLUSION:

- Provides an answer to the question.
- Do your results support or not support your hypothesis
- Ex. “The results of the experiment support the hypothesis that the greater the distance a person runs the faster their heart will beat.