

Marie M. Daly

16th April 1921 - 28th October 2003

Marie Daly was an American biochemist and the first African-American woman to receive a Chemistry Ph.D. in the United States. Marie's groundbreaking work led to a new understanding of how diet affects the human circulatory system.

Marie was one of the first people to research the effects of cigarette smoking on the lungs.

As well as her own research, Marie taught biochemistry courses while encouraging and supporting minority students to enrol in medical and science programs. In 1988, she founded a scholarship for minority students wanting to study science at Queen's College in New York.

Marie is most well known for discovering the link between cholesterol and clogged arteries.

Marie's achievements are all the more incredible when you consider that she was educated at a time when a college education was thought to be impossible for many African American students.



Queens College Silhouette Yearbook, Public domain, via Wikimedia Commons



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EXERCISE AND HEART RATE

This is an easy activity to learn about the relationship between exercise and heart rate. The idea is to measure heart rate before and after exercise.

You'll need

A stopwatch

Pen and paper



Instructions

Record your pulse rate at rest by counting pulse beats on the wrist for 1 minute.

Run around or do star jumps for 1 minute.

Immediately record your pulse rate again.

Rest for 1 minute and then record pulse rate again.

How long does it take for your pulse rate to return to resting level.



Heart rate before exercise	Heart rate after exercise
	