

## Chapter 25 Class example

One indicator of physical fitness is resting pulse rate. Ten men volunteered to test an exercise device advertised on television by using it three times a week for 20 minutes. Their resting pulse rates (beats per minute) were measured before the test began, and then again after six weeks. Results are shown in the table. Is there evidence that this kind of exercise can reduce resting pulse rates? How much?

Subject	Pulse rates (beats/min)	
	Before	After
Allen	73	73
Brandon	83	79
Carlos	85	81
David	87	86
Edwin	91	87
Franco	99	91
Graeme	87	84
Hans	85	83
Ivan	83	84
Jorge	79	76

1. Name the test, check conditions, find  $t$ ,  $df$ ,  $p$ -value and state your conclusion.

2. Now, construct and interpret a 95% confidence interval.