

Feel the Beat

What is your Pulse?

Your pulse is your heart rate, or the number of times your heart beats in one minute. Pulse rates vary from person to person. Your pulse is lower when you are at rest and increases when you exercise.

How to Take your Pulse

Place the tips of your index, second, and third fingers on the palm side of your other wrist, below the base of the thumb.



Or, place the tips of your index and second fingers on your lower neck, on either side of your windpipe.

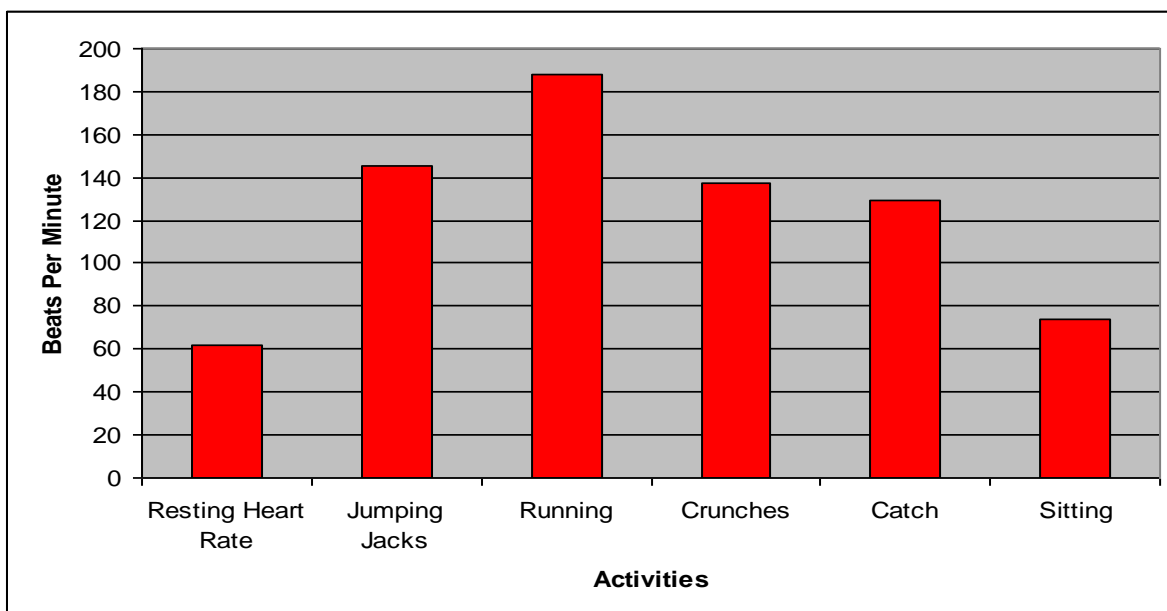


Count the beats you feel for 10 seconds. Multiply this number by six to get your heart rate per minute.

Calculate your pulse: _____ x 6 = _____
(beats in 10 seconds) (your pulse)

Graph the Beat

1. Choose a partner to work with. Each pair of partners needs 2 worksheets, colored pencils, and 1 stopwatch.
2. Before beginning the activity, take your pulse to calculate your resting heart rate. Record this information on your worksheet.
3. Choose one partner to begin the activity first. Perform the following activities, taking your pulse and recording it on your worksheet after EACH activity:
 - Jumping Jacks for 1 minute
 - Run in place for 2 minutes
 - Crunches for 30 seconds
 - Play catch with another student for 1 minute
 - Sit quietly for 2 minutesYour partner should use the stopwatch to time you during each of these activities. Once you have completed each of these activities, switch with your partner so that they may also perform these activities.
4. After each partner has completed the activities, use the bottom of your worksheet to create a bar graph of each of your different pulse rates.



Feel & Graph the Beat

Calculate your heart rates for the following activities and record your information here:

1. Resting Heart Rate _____
2. Jumping Jacks for 1 minute _____
3. Running in place for 2 minutes _____
4. Crunches for 30 seconds _____
5. Playing catch for 1 minute _____
6. Sitting quietly for 2 minutes _____



Using the information above, create a bar graph for your heart rate for each of the different activities. Use a different color for each activity and label each activity along the bottom.



Which activity had the highest heart rate? _____

Which activity had the lowest heart rate? _____

Why do you think these activities had the highest and lowest heart rates?
