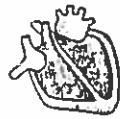


Name \_\_\_\_\_

Date \_\_\_\_\_



## Measuring Your Heart Rate



Question : What are the effects of activity on heart rate?

Hypothesis : If \_\_\_\_\_  
then \_\_\_\_\_

Materials :

- Lab handout
- Pencil
- Stopwatch

Procedure :

1. To obtain your baseline heart rate, place the index and middle fingers of one hand on the other wrist where your wrist joins the base of your thumb. Move the two fingers slightly until you locate your pulse.
2. To determine your pulse rate, count the number of beats you feel in 15 seconds. Multiply this number by 4 to determine your heart rate. Record this number in the data table below.
3. Walk in place for 2 minutes. Again take your pulse for 15 seconds and multiply this number by 4. Record this number in the data table below.



4. Jog in place or perform jumping jacks for 2 minutes. Again, measure your pulse for 15 seconds and multiply this number by 4. Record this number in the data table below.
5. Sit down and rest for one minute. Again, measure your pulse for 15 seconds and multiply this number by 4. Record this number in the data table below.
6. Rest for another minute. Again, measure your pulse for 15 seconds and multiply this number by 4. Record this number in the data table below.
7. Rest for another minutes. Again, measure your pulse for 15 seconds and multiply this number by 4. Record this number in the data table below.

How Activity Affects Heart Rate

	Baseline	Walking for 2 min.	Jogging for 2 min.	Resting after 1 min.	Resting after 2 min	Resting after 3 min
Heart Rate (beats per minute)						

Answer the following using complete sentences.



OBSERVATIONS :

1. How does your baseline or starting heart rate compare to that of your classmates? (Do not be alarmed if your pulse rate is different from others. Results vary from person to person.) \_\_\_\_\_  
\_\_\_\_\_

2. What effect did walking have on your heart rate? \_\_\_\_\_  
\_\_\_\_\_

3. What effect did resting after jogging have on your heart rate? \_\_\_\_\_  
\_\_\_\_\_

CONCLUSIONS :

4. What conclusions can you draw from your data? (explain the effect of exercising/resting on your heart rate) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. What happens to blood supply to your muscles during exercise? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Why does your heart rate increase during exercise? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_