

How does exercise effect our heart rate?



What do we think?



What are we measuring?



Our heart rate is the number of times our heart beats per minute.



We'll need to record our heart beats. How can we do this?

Taking a Pulse



We'll need to record our heart beats. How can we do this?

Count the number of times we can feel the pulse in 15 seconds and multiply by 4 to get beats per minute

Don't use your thumb to check for a pulse.

This is because your thumb has a pulse. Your other fingers do not.

How can we record the results?

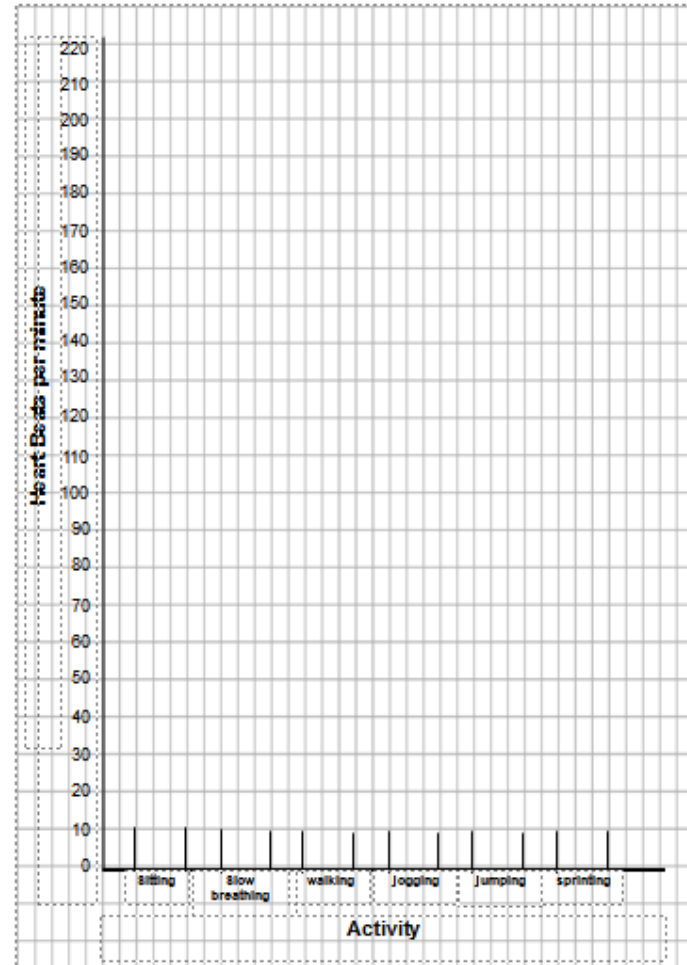


How can we record this information?

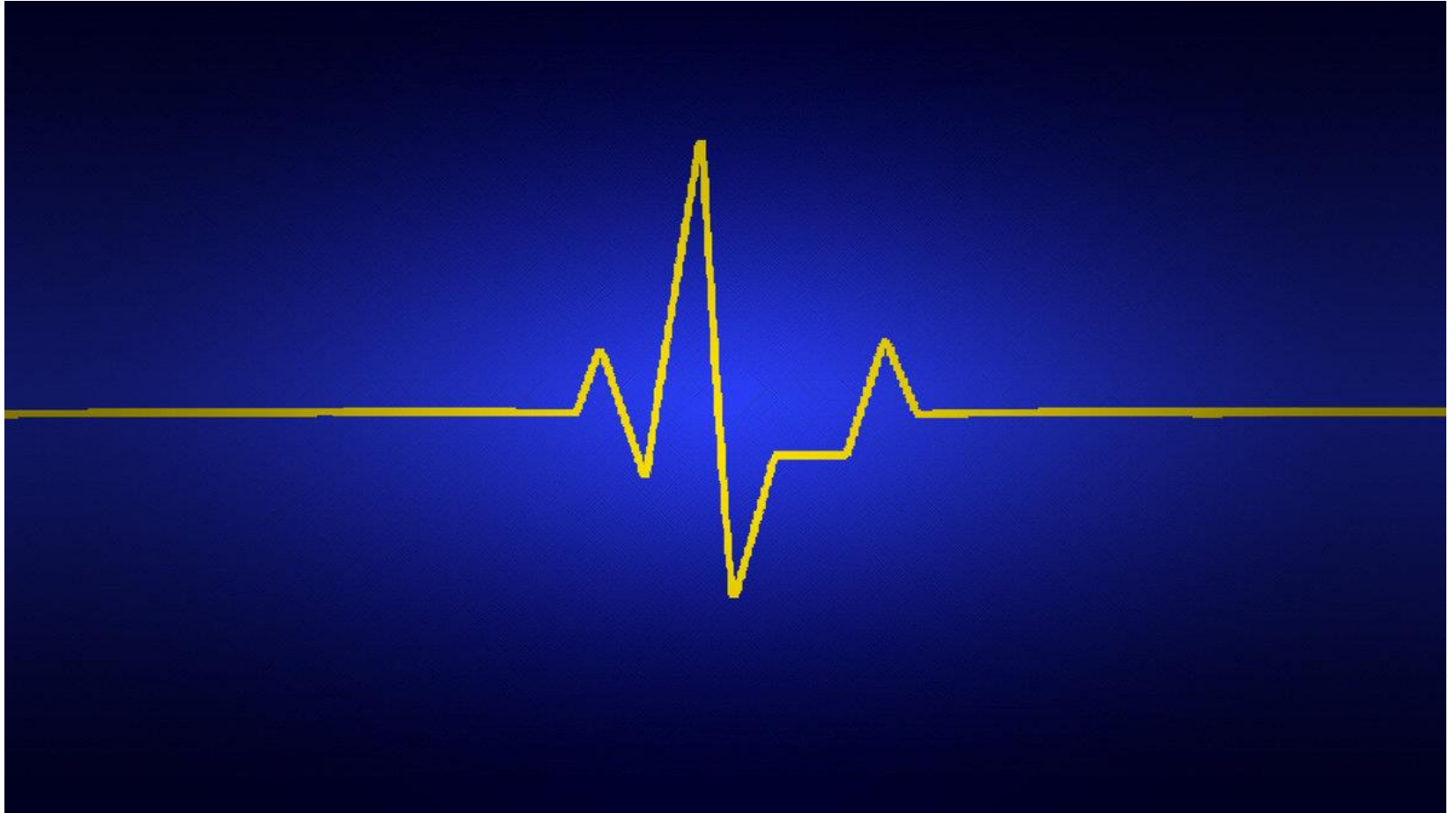


heart beats per
minute recording
sheet

Activity	Beats in 15 seconds	Beat per minute
Sitting		
Slow breathing		
Walking		
Jogging		
Jumping		
sprinting		



Let's get going!



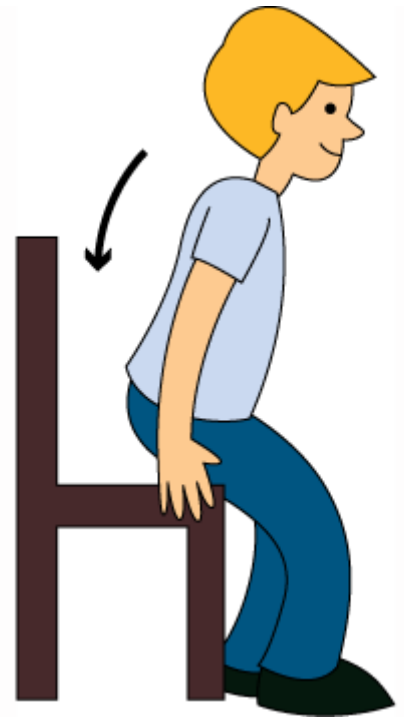
Activity 1

Stay sitting down.

Sit comfortably

Count your pulse for 15 seconds

Record the amount on the sheet

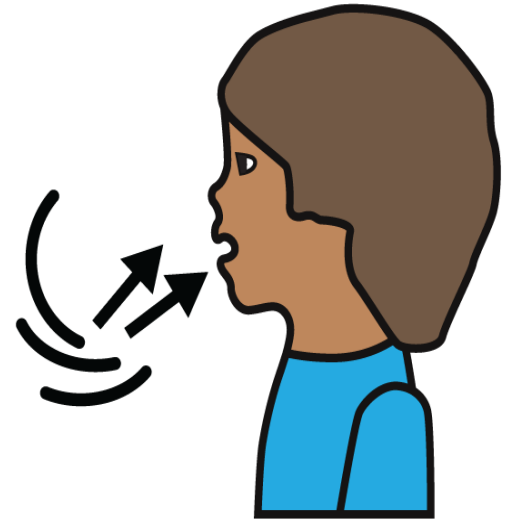


Activity 2

Slow your breathing down –
breathe in for 2 seconds, hold your
breath for 2 seconds and breathe
out for 2 seconds

Count your pulse for 15 seconds

Record the amount on the sheet



Activity 3

Walk around at a normal pace for 1 minute

Count your pulse for 15 seconds

Record the amount on the sheet



Activity 4

Jog around for 1 minute or jog on the spot for 1 minute

Count your pulse for 15 seconds

Record the amount on the sheet



Activity 5

Jump up and down for 1 minute

Count your pulse for 15 seconds

Record the amount on the sheet



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Are the results accurate?

