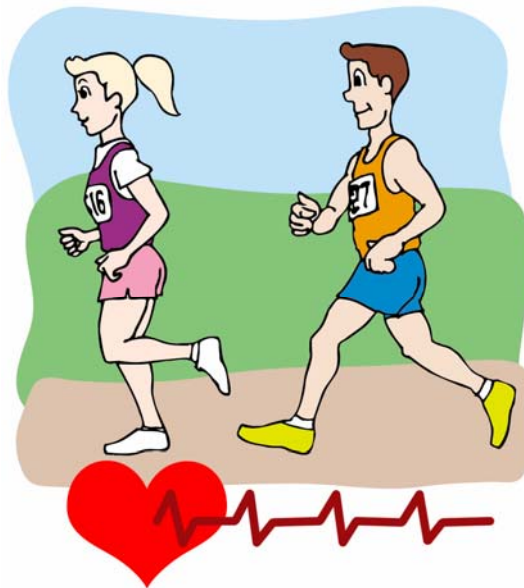


# Summer Olympic Games

## Center Activity



## Science

## Heart Rate

### You will need:

- Heart Rate* reading printout
- Measuring Your Heart Rate* worksheet
- pencil
- stopwatch or clock with second hand
- helper

# Heart Rate

Each time your heart beats, it pumps blood through your arteries to all the parts of your body. You can feel your blood pumping through your arteries at certain points on your body. This is called your *pulse*. You will feel a pulse for every time your heart beats. The number of times your heart beats in a minute is called your *heart rate*. The normal heart rate for a child (age 1 to 10) at rest is about 70 -120 beats per minute. For children over 10 and adults, the normal resting heart rate is 60 to 100 beats per minute.

When a person exercises, the heart rate gets higher because the heart is pumping faster to supply more oxygen to the body. So, a person who has just been exercising will have a higher heart rate than when he/she is at rest.

Athletes pay close attention to their heart rates. They put their bodies under a lot of stress. Checking the heart rate lets an athlete know how their body is handling the stress.

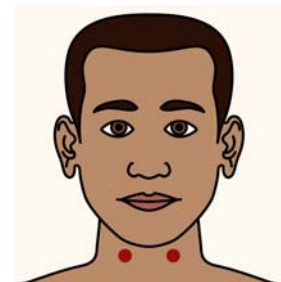
## How to Find Your Pulse.

The two most common places to feel your pulse are 1) your wrist, just below your thumb, or 2) your neck, left or right of your Adam's apple. Use two fingers to check your pulse (never use your thumb). You may have to press slightly; but NEVER press too hard. Do you feel a thump, thump against your fingers? That's your pulse. If you don't feel it, try moving your fingers around the area until you do.

1) wrist



2) neck



Name \_\_\_\_\_

## Measuring Your Heart Rate

Follow the directions to measure and record your resting and elevated heart rates. You will need a helper and a stopwatch or clock with a second hand.

1. Sit quietly. Find your pulse on your wrist or neck.  
**Remember: DO NOT PRESS HARD.**
2. Have your helper time you for 20 seconds, telling you when to start and when to stop.
3. When your helper says to start, count the pulses until your helpers says to stop. Write the number you counted in the first blank below, then multiply it by 3 to get the number of beats per minute:

\_\_\_\_\_ x 3 = \_\_\_\_\_ beats per minute

*My resting heart rate is \_\_\_\_\_ beats per minute.*

4. Run in place for 1 minute. Have your helper time you.
5. Immediately after running, repeat steps 1 to 3. Write the number you counted in the first blank below, and solve.

\_\_\_\_\_ x 3 = \_\_\_\_\_ beats per minute

*My exercising heart rate is \_\_\_\_\_ beats per minute.*

6. Now find the difference between the two heart rates. Subtract your resting heart rate from your exercising heart rate to find the difference.

\_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_

*exercising heart rate - resting heart rate = difference*

**Now you can see how exercise increases heart rate.**