Every Beat of Your Heart

NAME _____

The heart of a child below the age of twelve beats about 100 times a minute.

Try the following experiment: Check your heartbeat by pressing your fingers as shown below to find your pulse. The pulse is the throbbing, or beating, felt when blood is pumped by the heart. Once you can feel your pulse, count how many times your heart beats in one minute.

1. Determine the following:

a. Number of heart beats in one minute while at rest _____

b. Number of heart beats in one minute after exercise:

Stepping up and down _____ Walking _____ Running in place _____

2. Does the heart beat faster at rest or after exercise?

3. Which exercise caused the heart to beat the fastest: stepping up and down, walking, or running?

4. Would the heart beat faster if you exercised for more than one minute? Why?

5. Do you think the heart would beat faster after running, or after biking? How could you test your prediction?

6. Whose heart would beat faster: a person who has just run a long race, or someone who has just played a baseball game? How could you find out?

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