

How can we measure our heart rate?



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 for a period of time. 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 (use a stopclock on a device if possible) and multiply by 4 to get beats per minute.

First of all, record your resting pulse rate (beats per minute whilst you are resting).

Make sure you can feel your pulse well, either at your neck or wrist.

Use your index and middle finger to feel your pulse (you have a pulse in your thumb so using your thumb would distort the results).

Count the pulses for 15 seconds and then multiply by 4 to get beats per minute.



Average resting pulse rate

The range of normal pulse rates for children is from 75 to 100 beats per minute (bpm). Normal adult rates are between 60 & 100 bpm, the fitter you are, the lower the rate.

Babies have much higher pulse rates – 130 to 140 bpm.

An elephant has a pulse rate of 20 to 30 bpm and a mouse of 450 to 550 bpm.
Why do you think that is?



We are going to investigate the effect of activity on our heart rate.

Today you need to plan your investigation to do when we are all back in school next week.

Your plan needs to include:

- A scientific question to be answered (e.g. how does my pulse rate change as I do different activities?)
- An equipment list
- A step by step list of how to complete the investigation.

We are going to investigate the effect of activity on our heart rate.

Think about the kinds of activity that you could do:

- Star jumps
- Push ups
- Running
- Lunges
- Plank
- Hula-hooping
- Hopping



How can you make this a fair test?

What can you keep the same?

- Period of time for the activity
- How you measure your pulse rate
- Recovering between each activity
- Anything else?

How can we record the results?

