

ACTIVITY 9 HOW DO YOU MEASURE YOUR PULSE?

As we have seen, Sarah has to do lots of exercise every day, as she makes her way across the world.

STARTER

This lesson is an investigation and before we start we are going to look at some possible questions:

What happens to your pulse rate when you exercise?

How can you raise your pulse rate?

How can you drop your pulse rate?

Q1

Extension: Can you think of any other possible investigation questions?

ACTIVITY

The first thing we are going to do is to learn how to measure our pulse. The easiest place to feel your pulse is at your wrist.

1. Place two fingers on your wrist and move them gently until you can feel your pulse.
2. First of all count how many heartbeats you can feel in one minute.
 Beats per minute
3. How many was it? Was it more or less than the person sitting next to you?
4. Now count how many heartbeats you can feel in 10 seconds.
5. Now you need to do some maths to work out how many beats per minute this would be.



Beats per 10 secs x 6 = Beats per minute

Q2

Now we're going to gather some data. You are going to try some of the activities Sarah does to get your pulse rate moving. You will need to think of an action you can do for each activity. Do each activity for two minutes.

In the table below fill in the beats per minute for each activity at three stages.

	Before the activity	Straight afterwards	2 minutes after
Kayak			
Cycle			
Row			

Q3

In the table below, you can see Sarah's pulse for each of the activities.

	Before the activity	Straight afterwards	2 minutes after
Kayak	57	127	82
Cycle	57	134	97
Row	57	148	105

Compare your results with Sarah's. What differences do you notice?

Why might Sarah's pulse rate be different to yours?