

Name: _____

Date: _____

Heart Rate Ramp Up!

How does your heart rate change when you go from resting, to an activity, and then go back to resting?



Prediction:

When I rest: _____

When I exercise: _____

When I rest again: _____

| | Beats in 10 seconds | Multiply x 6 | Heart Rate |
|------------------|---------------------|--------------|------------|
| Sitting | | X6 | resting |
| Running in Place | | X6 | active |
| Sitting | | X6 | resting |

Observations:

When I was at rest: _____

When I was at exercising: _____

When I was at rest again: _____

YOU GOTTA HAVE HEART

Collect data on
your personal
heart workout.

HEART WORKOUT WORKSHEET

Find Your Resting Pulse Rate

1. Put Heartbeat Monitor on your wrist artery. (Or feel your neck artery.)
2. Ask a partner to clock 15 seconds. Count the tick tocks of the Heartbeat Monitor (or pulses in neck artery).

_____ Heartbeats in 15 seconds X 4 = _____ Resting Heartbeats per Minute

Find Your Working Pulse Rate

3. Do 20 jumping jacks. Now find your working pulse rate.

_____ Heartbeats per 15 seconds X 4 = _____ Working Heartbeats per Minute

Find Your Cool-Down Pulse Rate

4. Wait 2 minutes. Find your cool-down pulse rate.

_____ Heartbeats per 15 seconds X 4 = _____ Cool-Down Heartbeats per Minute

MY HARD-WORKING HEART



Heart Profile of:

Age: _____

My heart beats (Resting Pulse Rate):

_____ times per minute,

(x 60) _____ times per hour,

(x 24) _____ times per day, and

(x 365) _____ times per year.

In my lifetime, (x your age _____),

my heart has beat more than

_____ times.

CHART YOUR HEART!



