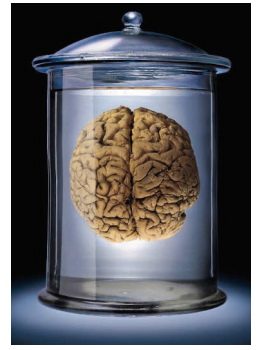


MR. POYNTER'S PHYSICAL EDUCATION FITNESS LAB

MEASURING YOUR HEART RATE MANUALLY



Name: _____

Your **heartbeat** is the sound of the valves in your heart closing as they push blood from one chamber to another. **Heart rate** is the number of times the heart beats per minute (**BPM**). Your pulse is the beat of the heart that can be felt in any artery that lies close to the skin.

The heart beats at different rates depending on whether your body is at rest or at work. When resting, the heart rate beats an average of 72 times per minute for high school student and an average of 85 BPM for middle school students. During strenuous physical activity, your heart rate (or pulse) increases, sometimes over twice your resting rate. Your **stroke volume**, the amount of blood pumped for each heart-beat, also increases. This is because the muscles that are working demand more blood to supply this with oxygen and other nutrients.

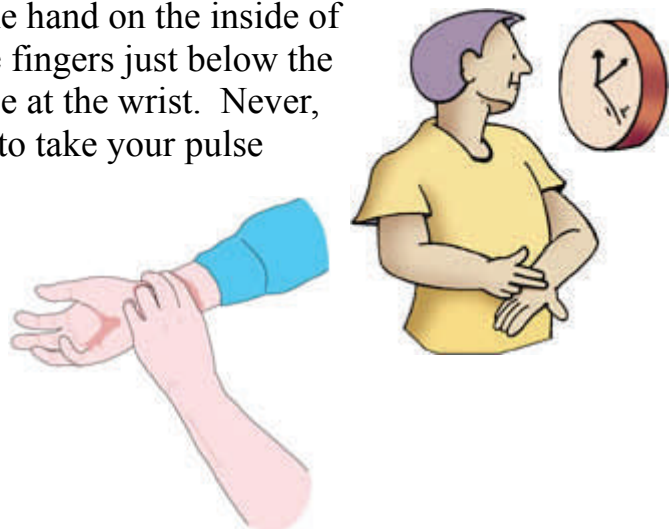
Heart rate is measured by counting the number of times your heart beats in one minute. One way to determine your heart rate is to manually take your pulse.

The two most common locations used to take a pulse are at the **radial artery** in the wrist and the **carotid artery** in the neck. It is best to practice locating and counting your pulse when you are at rest and again during physical activity.

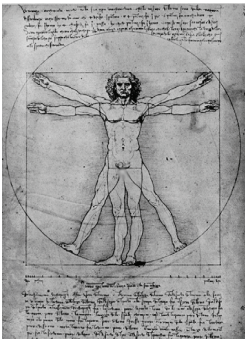
Measuring the radial pulse: Place the tips of the index (booger picker) and the second finger (the naughty finger) of one hand on the inside of the wrist of the other hand. Position the fingers just below the base of the thumb to take the radial pulse at the wrist. Never, never, never attempt to use your thumb to take your pulse anywhere.



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

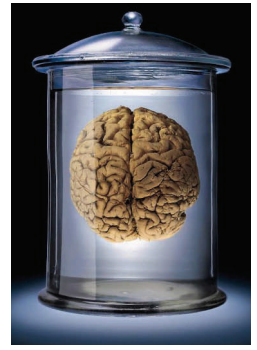


Period: _____



MR. POYNTER'S PHYSICAL EDUCATION FITNESS LAB

MEASURING YOUR HEART RATE MANUALLY

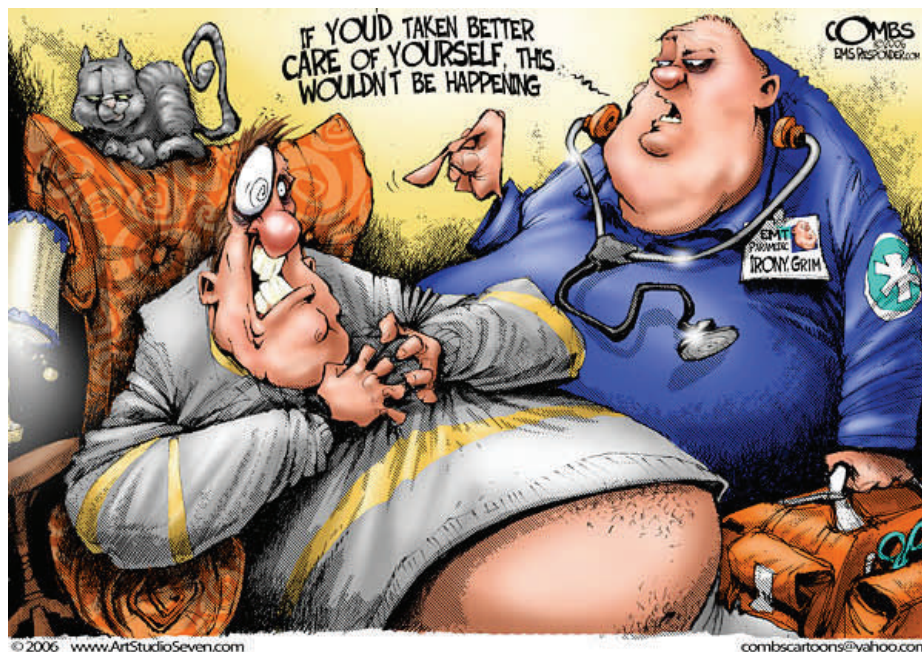


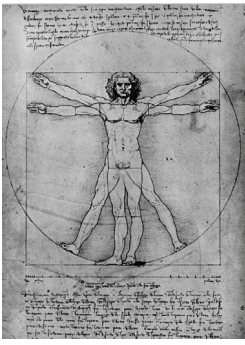
Measuring the carotid pulse: Place the tips of the index finger (booger picker) and the second finger (the naughty one) on the side of the neck just beside the windpipe. Again, never ever ever use your thumb to take your pulse.



Measuring your resting heart rate (RHR): Your pulse fluctuates during the day due to activity, stress, food eaten, medications, drinks and other factors. A **resting pulse** is the lowest your heart rate would go during the day. You can get your best reading when you first wake up in the morning, before you even get out of bed to use the bathroom. If you forgot to check your RHR this morning (because I'm sure you planned on it) then just relax and follow the steps below for measuring your pulse.

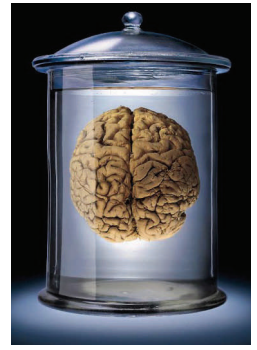
- **Step One:** If possible lay down or at least sit down.
- **Step Two:** Apply light to moderate pressure with the fingers to either your radial or carotid pulse. If no pulse is found just move your fingers around a bit. Do not apply excessive pressure. This will compress the artery and distort your measurement. Once the pulse is found...
- **Step Three:** Using a watch with a second hand, count the number of beats felt in thirty seconds. Multiply that number by two to compute a heart rate expressed in BPM.





MR. POYNTER'S PHYSICAL EDUCATION FITNESS LAB

MEASURING YOUR HEART RATE MANUALLY



Name: _____

Heart Rate Activity

An example of a Resting Heart Rate

Pulse Rate (in 30 seconds): _____ x 2 = _____ (beats per minute)	Example of Resting Heart Rate Number of beats in 30 seconds = 42 Multiply by two = 84 Resting Heart Rate = 84 BPM
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You are to take your own pulse for thirty seconds a total of six times (3 times radial and 3 times carotid). Record your BMP for each trial in the table below.

Trial	Carotid Pulse	Radial Pulse
1.		
2.		
3.		

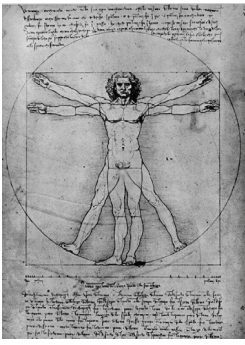
Add all six numbers together and divide by six to come up with your average. This number will be your resting heart rate that we will refer back to for the rest of the semester, so do not forget it.

$$\underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad} / 6 = \underline{\quad}$$

_____ = Your Average Resting Heart Rate

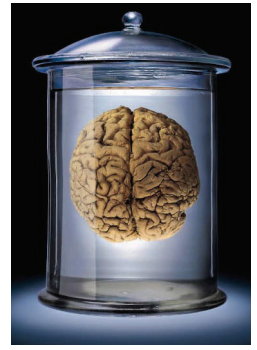
Again, do not forget this number as we will be using it many times again throughout the semester on other labs.

Period: _____



MR. POYNTER'S PHYSICAL EDUCATION FITNESS LAB

MEASURING YOUR HEART RATE MANUALLY



Enrichment

Answer the following questions completely. PRINT your answer clearly, any illegible answers will receive no credit.

1. What does pulse mean?

2. Why does your pulse fluctuate during the day?

3. What does *stroke volume* mean?

4. What does *resting heart rate* refer to?

5. Where does someone find their radial pulse?

6. Where does someone find their carotid pulse?
