

Feel the Beat

You need ☒ a calculator (optional) ☒ a watch or stopwatch
☒ a photocopy of the heartbeat sheet copymaster

Activity One

1. Your pulse throbs every time your heart beats.
Find your pulse near your wrist or in your neck.
Count the number of times your heart beats in 15 seconds.



2. Use your pulse count from question 1 to work out how many times your heart beats in:
 - a. a minute
 - b. an hour
 - c. a day
 - d. a year.
3. How does your heart respond when:
 - a. you are exercising?
 - b. you are resting?

Activity Two

1. Use the information in the table opposite to fill in the blank spaces on your heartbeat sheet.
2.
 - a. Investigate other animals' pulses and add them to your heartbeat sheet.
 - b. Compare their pulses with your own pulse.
 - c. What do you notice about the heartbeat rate of an animal in relation to its body mass?

Hummingbird	about 1 000 heartbeats per minute
Mouse	about 500 heartbeats per minute
Human baby	about 120 heartbeats per minute
Elephant	about 28 heartbeats per minute
Blue whale	about 5 heartbeats per minute

