

Hearty Applause

You need a tape measure scales a measuring jug
 a stopwatch

Activity One

Measure the distance around your clenched fist with a tape measure.

That is about the same as the distance around your heart.

Your heart has a mass of about 500 grams.

Find something about the same size and mass as your heart.



Activity Two

1. Your heart pumps about 5 litres of blood every minute.

Measure out 5 litres of water to see how much that is.

2. Your heart beats about 100 times every minute.

How much blood does it pump with each beat?

Investigation

To find a person's maximum heart rate in beats per minute, take their age away from 220.

A 10-year-old should have a maximum pulse rate of $220 - 10 = 210$.

When you're exercising, your heart should be beating 60–75 percent of its maximum rate.

Find out what kind of exercise increases your heart rate to 60–75 percent of its maximum rate.

