

The Effect of Exercise on Heart Rate

How fast will pulse increase with physical activity and how long does it take to return to normal?

Unlike most workers, the heart never gets time off. Each hour, an average heart pumps about 75 gallons of blood throughout your body. Even more difficult, during exercise the heart must work overtime. The heart is the pump that causes your blood to circulate throughout your body and to all of your cells. The heart makes sure that the oxygen you breathe, the nutrients from the food you eat, and the water you drink, get delivered to your body. Without the heart, each of your organs would not be able to function.



When you exercise, you increase the demands for energy.

Therefore your heart must increase the speed at which the blood delivers the vital nutrients. But just how hard is your heart willing to work? In this investigation, you will examine how much your heart rate will increase and the amount of time it takes for your heart to return to its normal rate.

Materials

- Clock with a Secondhand
- Ruler

Setting up

A pulse is the vibrations created each time your heart pumps blood through your arteries. The rate of your pulse indicates the speed of your heart pumping.

Find a large tendon on the underside of your wrist. Using your **middle and ring finger** from your other hand, locate your pulse just below the base of the thumb and on the outside of the large tendon.

1. Feel the surface of your thumb. Why can't you use your thumb or index finger to take your pulse?

-
- Other students took their pulse to find the number of beats per minute. They recorded this score three times in **Table 1** and then found the average.
 - Students in this sample had an average resting pulse rate ranging from 48 to 88.

Table 1: Rate of pulse when resting

Name	Resting Beats/ Minute			
	Trial 1	Trial 2	Trial 3	Average
Kevin	48	47	49	49
Angelina	60	59	61	60
Dana	78	80	77	78
Yesenia	90	85	88	88
Your name				

2. Now it's your turn to find your resting pulse rate before you exercise. As the teacher times you for 30 seconds, count the beats in your pulse then multiply that number by 2 to find the number of beats per minute. Repeat the step two more times, and average your results. Record your results in **Table 1**.
3. The students then exercised by doing jumping jacks. They had pulse rates ranging from 93 to 130 beats per minute. What do you think your pulse rate will be after you do 100 jumping jacks? Be specific. _____

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