1. Calculating your Resting Heart Rate:

* Sit still for a few minutes
* Using your index and middle finger of your right hand (do not use your thumb), locate the pulse in your wrist (brachial artery), or under the bicep (radial artery), or along the neck (carotid artery).
* After locating it, look at a clock and count the number of beats in 15 seconds.

Beats in 15 seconds = Now multiply that number by 4.

x 4 = **60**  This is your Heart Rate in beats per minute.

Collect Data for the rest of the class (find shared data in OneNote Collaboration Space):

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Jasmine | Clare | Jayna | Krystal | Liza | Natalia | Haan |
| 64 | 60 | 64 | 68 | 48 | 64 | 96 |
| 128 | 164 | 124 | 120 | 152 | 168 | 144 |
| 76 | 52 | 72 | 48 | 48 | 80 | 90 |

1. Exercise by jogging up & down the stairs 3 times.

Record your heart rate: beats in 15 seconds 🡪 **132** beats per minute.

By what percent has your heart rate increased? 132-60/60x100 = **120%**

1. Hold your breath for 20 seconds (or 30 seconds if you can).

Immediately record your heart rate: beats in 15 seconds 🡪 **56** beats per minute.

By what percent has your heart rate changed? 56-60/60x100 = **-6.67%**

1. Create an *appropriate* graph to visually display the range of resting heart rates in your class.  
   You can use the provided grid, graph paper, or create an Excel graph. *The graph must be embedded in this document when you hand it in.*  
     
   **Ensure that you label the axes, and title your graph.**

