

Inquiry

Launch Lab

LESSON 2: 10 minutes

How fast does your heart beat?

Have you ever felt your heartbeat speed up when you're exercising or when you're watching a scary movie? You can take your own pulse to find out how many times your heart beats every minute.


Procedure

1. Read and complete a lab safety form.
2. Sit quietly for 1 minute.
3. Feel your pulse by placing the middle and index fingers of one hand on an artery in your neck or an artery in your wrist.
4. While sitting quietly, count the number of heartbeats you feel in 30 seconds. Multiply this number by two to calculate your pulse. Record your data in the Date and Observations section below.
5. Jog in place for 1 minute.
6. Immediately repeat step 4.

Data and Observations

Think About This

1. How did your pulse after exercising compare to your resting pulse?

2.  **Key Concept** Why do you think your pulse changed when you exercised?
