

# Heart Beat Lab Sheet

Name: \_\_\_\_\_ Period: \_\_\_\_\_

**Directions:** Answer Pre-lab question. You will then take your pulse after several activities and record the data in the following data table. After the data is recorded you will complete the Post-Lab questions.

**Pre-Lab:**

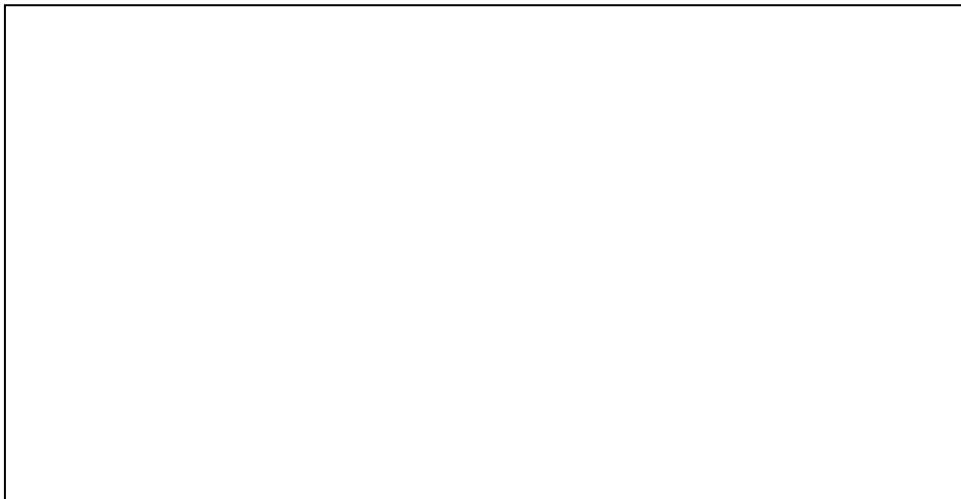
1. What is a “pulse rate”?

Data Table:

Activity	Pulse Rate
Resting	
Closed eyes	
Walking	
Running	
Resting after exercise (1 min)	
Resting after exercise (3+min)	

**Post-Lab:**

1. Use your data and create a graph of your pulse rate after the different activities you tested.



2. What happens to your pulse rate when the exercise stopped?
3. When the pulse rate increases, what do you think happens to your heartbeat?
4. What is the relationship between exercise and your pulse rate?
5. How accurate do you think your pulse measurements are? Why or why not?