

Name \_\_\_\_\_

## The Human Body - Circulatory System

### Lesson 2: Our Beating Heart - Count Your Pulse Rate

Your heart is a muscle that tightens and relaxes. It is this movement that causes your heart to pump blood to different parts of your body through your arteries and veins.

There are two places where your arteries and veins are close to the skin, and you can feel the heart beating.

1. Wrist
2. Neck

#### Count your pulse rate

Place two fingers on the inside of your wrist or on your neck.

Look at the picture to see how to use your forefinger and middle finger. Don't use your thumb or other fingers.

When you feel a heart beat, practice counting the beats.

When ready, count how many beats in one minute.



1. My **resting pulse rate** is \_\_\_\_\_ beats a minute.

Jump or run on the spot for a few minutes. Again, count the heartbeat a minute.

2. My **active pulse rate** is \_\_\_\_\_ beats a minute.

Explain the difference between your resting pulse rate (#1) and active pulse rate (#2). Which is higher, and why do you think that is?

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