

## Activity 3.2 JP – Finding a pulse

### What is a pulse?

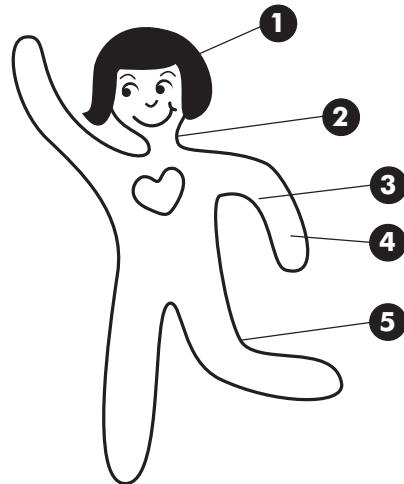
Every time your heart beats it sends blood to your arteries. This wave of blood can be felt as a pulse.



1. Label the five pulse points.



2. My resting pulse rate is \_\_\_\_\_ beats per minute.



3. Write a sentence to explain what happened to your pulse after exercising.

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4. Complete these sentences.

heart rate

faster

stronger

five

1. Pulse rate is known as \_\_\_\_\_ .
2. There are \_\_\_\_\_ pulse points.
3. Regular exercise makes our heart \_\_\_\_\_ .
4. During exercise, our pulse rate gets \_\_\_\_\_ .