

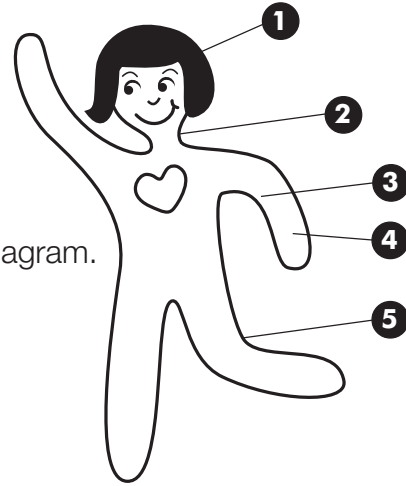
### Activity 3.2 UP – Finding a pulse

**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.

Label the pulse points indicated in the diagram.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



Research, locate and label at least two more pulse points on the human body.

\_\_\_\_\_

\_\_\_\_\_

**What is your heart rate?**



1. Working with a partner, experiment to find as many pulse points as possible.



2. a. Count your pulse for 1 minute or you may find it easier to take your pulse for 15 seconds and multiply it by 4.

\_\_\_\_\_ beats per minute

- b. Now count the beats after the following activities:

Lying down \_\_\_\_\_ beats per minute

Sitting \_\_\_\_\_ beats per minute

Running on the spot for 2 minutes \_\_\_\_\_ beats per minute

One minute's rest \_\_\_\_\_ beats per minute



3. Find the resting pulse of four other people. Record your results.

Name \_\_\_\_\_ beats per minute \_\_\_\_\_

Name \_\_\_\_\_ beats per minute \_\_\_\_\_

Name \_\_\_\_\_ beats per minute \_\_\_\_\_

Name \_\_\_\_\_ beats per minute \_\_\_\_\_