

Name:

Hearing Your Heartbeat

Source of Sound

Name the source of each sound. What was vibrating?

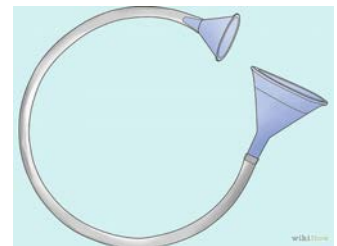


- a) _____
- b) _____
- c) _____
- d) _____

Super Listener Earphones!

Materials:

- 2 plastic funnels
- 1 metre of plastic tubing



Instructions:

1. Push a plastic funnel into each end of the plastic tubing. Push hard so the funnels stay in place.

2. Place one funnel over your heart, and the other over your ear. What do you hear?

Think About It...

- 1. What is the apparatus that doctors use to check our heart?
- 2. How do these devices work?



Name: _____

Listen To Your Heart - Activity

How do different types of physical activities affect your heart rate?

Predict:

How do you expect your heart rate to change as you exercise?

How many times do you estimate your heart beats in 1 minute?

Do you think your heartbeat slows down right away after exercise?



It's Timing Time!

1. Using your Super Listener Earphones, count how many times your heart beats in 15 seconds. Have a partner time for you.

2. Multiply the number of beats you counted by 4 (to get beats per minute). This is your **resting heart rate**. Write this number in the table below.

3. Do **jumping jacks** for 1 minute while your partner times again, then repeat the process you did above. Add to the table.

4. Do **sit-ups** for 1 minute while your partner times again, then repeat the process you did above. Add to the table.

5. **Run on the spot** for 1 minute while your partner times again, then repeat the process you did above. Add to the table.

6. Take your heart rate again after 1 minute of resting and 5 minutes of resting.

Activity	Beats Per Minute
Resting	
Jumping Jacks	
Sit-Ups	
Running on the Spot	
After 1 Minute	
After 5 Minutes	

Follow-Up:

1. What do you think affects how your heart rate changes when you exercise?

2. How do you think your heart rate immediately after exercising would change if you got more or less exercise?

3. How do you think your resting heart rate would change if you got more or less exercise?