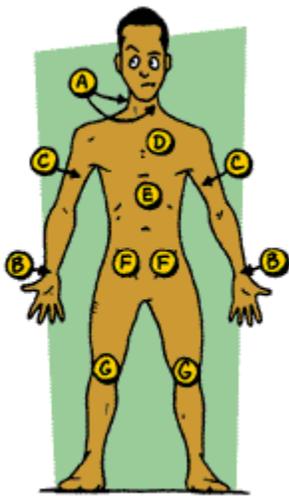


Name \_\_\_\_\_

### What is a **PULSE**?

- The heart is a muscular pump that with each heart beat pumps blood around the body. On leaving the heart the blood first travels long the arteries. The pulse is what you feel over an artery as the pressure inside increases following each heart beat.
- Your pulse refers both to the physical thump created in your arteries by the contraction of your heart muscles, and the number of these thumps your heart causes per minute. You have 7 pulse points on your body. Use the stethoscope to try and find each pulse point on a partner's body.



- a. carotid arteries (located on your neck)
- b. radial arteries (on your wrists)
- c. brachial arteries (on your arms)
- d. aortic arch (by your heart)
- e. abdominal aorta (near your stomach)
- f. femoral arteries (on your thighs)
- g. popliteal arteries (near your knees)

The most common and easiest place to take your pulse is \_\_\_\_\_.

Find your pulse on your wrist. Use your first 2 fingers only.

Why wouldn't you want to take your pulse using your thumb?

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Next find your pulse on your carotid artery (neck). Place 2 fingers right under your jaw bone half way between your ear and chin. You might have to push in a little bit.

Pulse is measured in bpm (beats per minute). You don't have to count every beat in a minute. You can take your pulse for a fraction of a minute and then multiply the number of beats to find bpm.

Count beats for 10 seconds; multiply beats by \_\_\_\_\_

Count beats for 15 seconds; multiply beats by \_\_\_\_\_

Count beats for 30 seconds; multiply beats by \_\_\_\_\_

A normal resting pulse for someone your age is \_\_\_\_\_ bpm. The more physically fit you are the lower your resting heart rate. When in peak condition, Lance Armstrong had a resting pulse of \_\_\_\_\_ bpm!!!

Your pulse is used to measure \_\_\_\_\_ and may be used as another word for \_\_\_\_\_.

A small animal, like a humming bird will have a heart rate that is HIGHER / LOWER than a human.

A larger animal like a hippopotamus will have a heart rate that is HIGHER / LOWER than a human.

There is a top level that you not exceed during physical exertion. Your maximum heart rate is estimated at  $220 - \text{age}$ .

Write your maximum heart rate \_\_\_\_\_.

As I get older my maximum heart rate will go UP / DOWN.

The more physically fit you are, the higher your maximum heart rate can get. (This is opposite of the resting heart rate that is lower in athletes like lance Armstrong)

In physical exercise you would use the maximum heart rate to find your target heart rate. This is the point at which you get cardiovascular benefits. If you are concerned with losing weight do activities towards the bottom end of the target heart rate. If you want maximum healthy heart benefits you want to work towards the top end. To get your target heart rate, take 60-80% of your maximum heart rate.

(Maximum heart rate) X .60 = \_\_\_\_\_ (this is the lower end)

(Maximum heart rate) X .80 = \_\_\_\_\_ (this is the higher end)

So my target heart rate is \_\_\_\_\_

If my focus of exercise was to burn fat. I would want to exercise at around \_\_\_\_\_ bpm.

If my focus of exercise was to gain maximum cardio benefits and burn calories I would want to exercise at around \_\_\_\_\_ bpm.