



SCIENCE ACTIVITY

WHAT'S YOUR HEART RATE?

Follow the instructions on the next page to check your own pulse.

Record the number of beats per minute here:

**Next, perform 10 jumping jacks.
Then, check your heart rate again.**

Record the number of beats per minute here:

**Why does the heart beat faster
after exercise?**

Check Your Pulse

The most common place to check your pulse is on either of your wrists.

01



Face the palm of your hand **upwards**.

02



With the other hand, place your **index and middle finger** on your wrist.

03



Press and find the **pulsation**.

04



Using a clock or watch, count the beats for **30 seconds**.

If the beat is regular, multiply by 2 the number of beats counted in 30 seconds. This is your beats per minute.

If the beat is irregular, repeat the steps above but count for a full 60 seconds. This is your beats per minute.

NORMAL PULSE 60-100 beats per minute in a regular rhythm