NAME:_____ DATE:_____

BLOOD DOPING AND PULSE RATE

1. Write **TRUE** or **FALSE** after each statement about blood doping below.

a. Blood doping cannot be illegal because you inject yourself with your own blood. _____

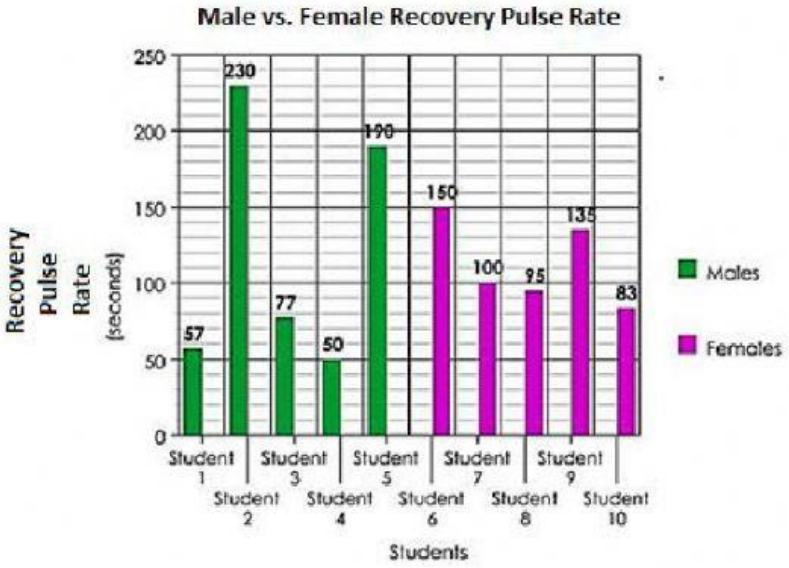
b. Blood doping can thicken your blood by adding too many red cells into circulation. _____

c. Some athletes blood dope to increase carbon dioxide levels in the blood. _____

d. No athlete who blood dopes has ever been caught. _____

e. Blood doping has no side-effects. _____

2. **Recovery Pulse Rate (RPR) is the time it takes for the pulse rate to return to normal after an episode of exercise. It is usually a sign of fitness as persons who are more fit take a shorter time for their pulse rate to normalize**. Look at the graph below about Student Recovery Pulse Rate and answer the questions. The students in the study jumped rope for five minutes. The time taken for their pulse rates to return to normal was taken.



a. Based on the data, which gender was more fit? _____

b. What was RPR of Student 3? _____ seconds

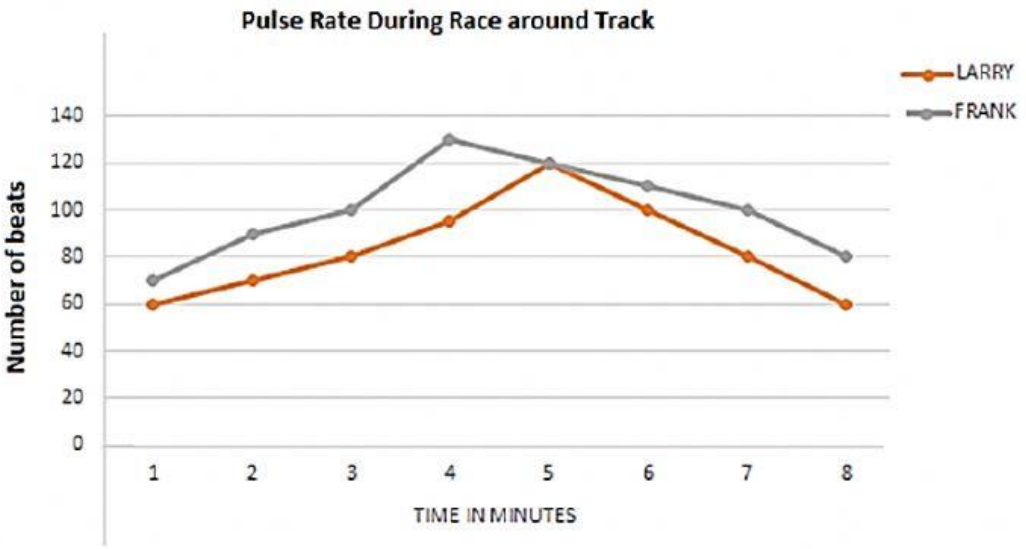
c. What was the DIFFERENCE in RPR between Students 6 and 7? _____ seconds

d. Which student was apparently the least fit? _____

e. Which student was apparently the most fit? _____

f. Which female was apparently the most fit? _____

3. Examine the graph below, which shows the heart rates of Larry and Frank during a mile run around the track. Answer the questions.



a. Who has the higher pulse rate after two minutes? _____

b. After how many minutes were the rates furthest apart? _____ minutes

c. At what time did the two boys have the same rate? At minute _____

d. How long did it take Frank to reach his highest pulse rate? _____ minutes

e. How long did it take Larry to reach his highest pulse rate? _____ minutes

f. What was Larry's resting (lowest) pulse rate? _____ beats

g. What was Larry's highest pulse rate? _____ beats

h. Who stopped running first? _____

i. At what time did Larry stop running? At minute _____

4. Practice finding your pulse. Try finding it at your neck, temple (side of forehead) or wrist. When you have found it. Sit quietly while counting the number of pulses in one minute. Write your answer below.

My resting pulse rate was _____ beats in one minute