



You are walking along a dark, quiet road. You hear footsteps following you. Your heart beats fast & your temple throbs.

After running up a flight of stairs, your pulse behaves as though you ran around the neighbourhood! What is happening?

At the **Pulse Rate** exhibit:

1. Take your pulse. What is your pulse rate?
2. Now jump for about 5 times, then take your pulse rate. What did you get? Compare.
3. Try the BATAK Reaction Tester twice & take your pulse. Compare all 3 readings.

Which reading is the lowest? Can you explain?



DO YOU KNOW?

Pulse is the rate at which our heart beats. It is usually called our heart rate, which is the number of times our heart beats each minute (bpm).

As our heart pumps blood through our body, we can feel a pulsing in some of the blood vessels close to the skin's surface, such as in your wrist, neck, groin, temple, back of the knees & top or inner side of the foot.

Check our own pulse!

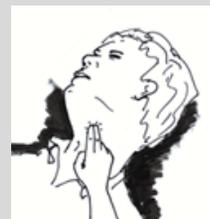
Wrist Method

- Turn the hand with palm-side facing up
- Place your index finger & middle finger just below the thumb.
- Exert slight pressure with the index & second finger against the bone.
- Count the pulse for 30 seconds & multiply this number by 2.



Carotid artery Method

- Located in your neck, on either side of your windpipe.
- Be careful when checking your pulse in this location. If you press too hard, you may become lightheaded and fall.



Resting heart rate	
Age or fitness level	Beats per minute (bpm)
Babies to age 1	100-160
Children ages 1-10	70-120
Children ages 11-17	60-100
Adults	60-100
Well-conditioned athletes	40-60

When to check your pulse

First thing in the morning, just after you wake up but before you get out of bed. This is called a resting pulse.

Before and after exercise.

Extra activity

Try doing other forms of activities. Compare heart rates before and after the activity, and between activities. Have fun!

Keywords: heart rate

