

## 3.1 Heart Rate Exploration Activity

### Understanding Your Cardiovascular Response to Exercise

This activity helps you observe how your heart responds to physical activity and recovery, demonstrating the cardiovascular system's adaptability.

#### Activity Instructions

##### Step 1: Measure Your Resting Heart Rate

1. Sit quietly for 2-3 minutes to ensure you're at rest
2. Place two fingers (not your thumb) gently on your:
  - **Wrist** (radial pulse) - on the thumb side of your inner wrist
  - **OR Neck** (carotid pulse) - just below your jawline
3. Count pulse beats for 15 seconds
4. Multiply by 4 to get beats per minute (BPM)

**My Resting Heart Rate:** \_\_\_\_\_ BPM

##### Step 2: Exercise

1. Perform jumping jacks or jog in place for 60 seconds
2. Try to maintain consistent intensity throughout

##### Step 3: Measure Exercise Heart Rate

1. **Immediately** after stopping exercise, find your pulse
2. Count for 15 seconds and multiply by 4

**My Exercise Heart Rate:** \_\_\_\_\_ BPM

##### Step 4: Recovery Tracking

1. Rest completely for 2 minutes
2. Measure your heart rate again using the same method

**My 2-Minute Recovery Heart Rate:** \_\_\_\_\_ BPM

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## Data Collection Table

| Measurement Point | Heart Rate (BPM) | How I Felt (breathing, energy, etc.) |
|-------------------|------------------|--------------------------------------|
| Resting           |                  |                                      |
| After Exercise    |                  |                                      |
| 2-Min Recovery    |                  |                                      |

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## Reflection Questions

1. How much did your heart rate increase during exercise?

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2. After 2 minutes of rest, how close was your heart rate to your resting rate?

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3. What do you think would happen to your recovery time if you exercised regularly for several weeks?

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