

Handout Answers

For this activity we are going to record changes within your cardiovascular system! You'll need a timer to keep track of the time.

Use this equation to calculate your heart rate:

- (Number of heartbeats in 15 seconds) x 4 = BPM (Beats Per Minute)

	Heart rate at rest	Heart rate after 30s of walking	Heart rate after 30s running	Heart rate after 30s of jumping jacks
BPM:		Should increase	Should increase	Should increase

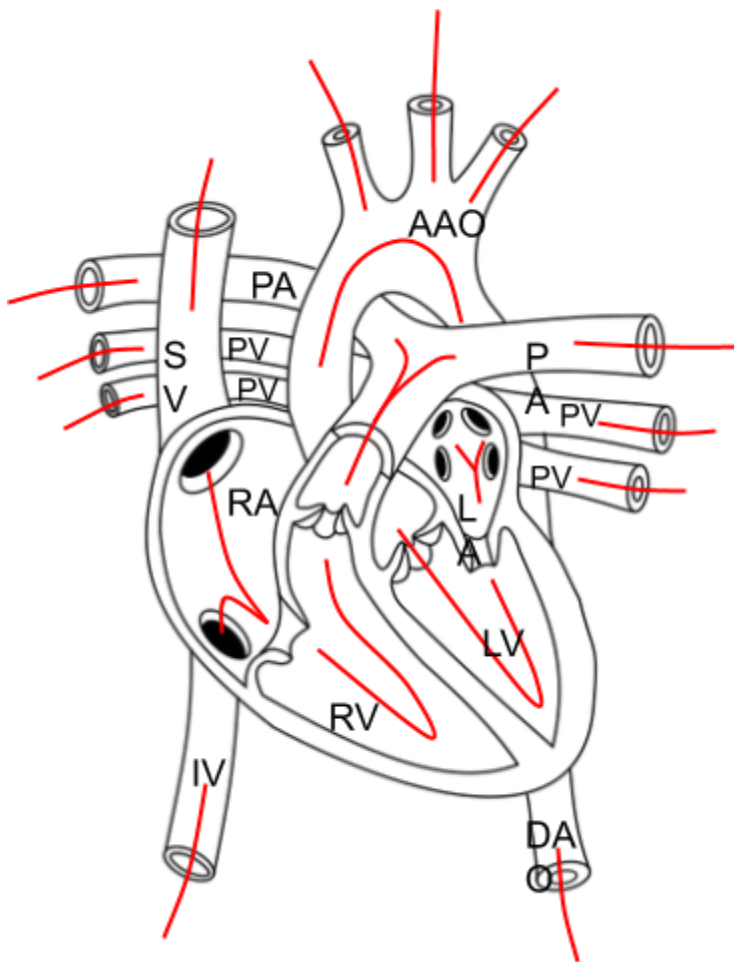
Alternative exercises for limited mobility

	Heart rate at rest	Heart rate after 30s of punching the air	Heart rate after 30s of lifting an object	Heart rate after 30s of hand clapping
BPM:		Should increase	Should increase	Should increase

1. Did your pulse increase or decrease after physical activity? When did your heart have the highest BPMs?
Increase. Should be any stage except the first.
2. What caused your pulse to change and why?
The heart began to beat faster to be able to pump oxygenated blood around the body
3. Did your breathing rate change after physical activity? If so, why do you think it changed?
Yes because our bodies required more oxygen

4. Lastly, what are the two main organs that work together to create the cardiovascular system?
Bonus: with arrows, draw the direction of blood flowing to and from the heart!

Heart and lungs



AAO = Ascending aorta

DAO = Descending aorta

PA = Pulmonary artery

PV = Pulmonary vein

LA = Left Atrium

RA = Right atrium

LV = Left ventricle

LV = Left ventricle

SV= Superior vena cava

IV = Inferior vena cava