Handout

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:				

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:				

1. Did your pulse increase or decrease after physical activity? When did your heart have the highest BPMs?

    _____

    _____

2. What caused your pulse to change and why?
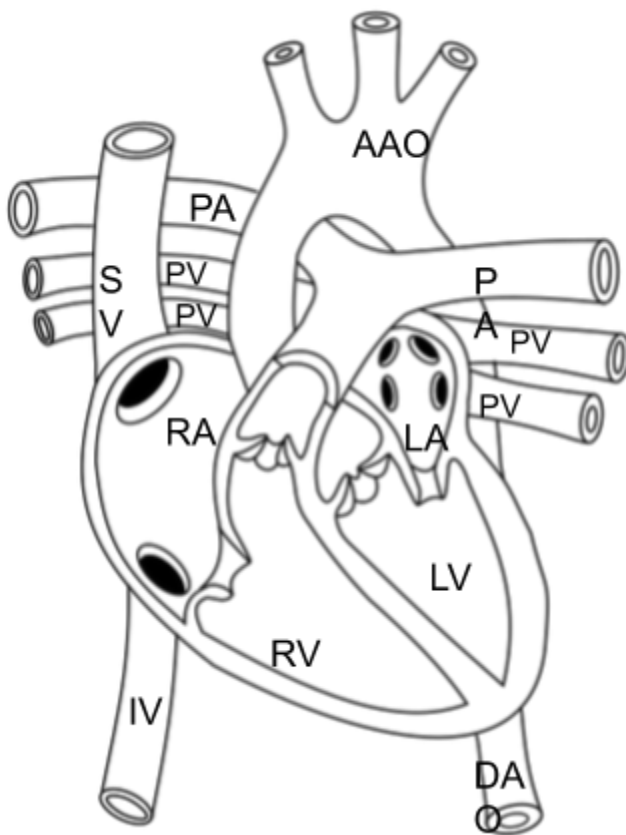
    _____

    _____

3. Did your breathing rate change after physical activity? If so, why do you think it changed?

    _____

    _____

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

   _____

   _____

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