LEARNING AS ONE NATION

Expanded Project

PE & Health_3

S H S L E A R N I N G A C T I V I T Y

Name: _____ **Score/Mark:** _____

Grade and Section: _____ **Date:** _____

Strand: ☐ STEM ☐ ABM ☐ HUMSS ☐ ICT (*TVL Track*)

Subject: ***Physical Education***

Type of Activity: ☐ Concept Notes ☐ Skills: Exercise/Drill ☐ Illustration ☐ Performance Task ☐ Essay/Report ☐ Others: _____

Activity Title: Physiological Indicator: Heart Rate

Learning Target: To take my pulse rate and count the number of heartbeats in one minute, before and after exercises.

References: *(Author, Title, Pages)*
http://www.innerbody.com/image/card01.html
http://www.medicalnewstoday.com/articles/235710.php
G. A. Galope and M. V. Carpio-Bernido, CVIF Learning Activities

Every time the heart beats, it pushes or pumps blood to the different parts of the body. When the heart beats, the arteries expand.

Taking the pulse is a direct measure of the heart rate.

Try to take the number of beats of your heart in one minute by taking your pulse.

Instructions:

1. Hold out the underside of your wrist upward.
2. Put your first two fingers (pointing and middle) on the wrist.
3. Press gently until you can feel the pulse or beating.
4. Count the number of beats you feel in one minute. _____

Items number 5-6 are optional and should be done only if your parent or guardian, or older sibling is with you. Stop exercising anytime you feel any discomfort or breathlessness.

5. Do the exercises in your FITT Chart for **one minute**, then take your pulse: _____.
6. Compare your pulse before and after one minute of exercise.

Important terms:

heart rate – the number of times our heart contracts or beats in a minute.
pulse – the number of times our arteries expand and contract in response to the heart beat.

The normal resting heart rate for age 10 and above is between **60-100** heartbeats per minute. The normal pulse rate for adult over 10 years old is 60-100 beats per minute (bpm).