

# Graphing Your Heart Rate

STUDENT RESOURCE 4.2

ACTIVITY SHEET



- ❶ Take your pulse rate as you sit quietly at your desk.

Resting pulse rate = \_\_\_\_\_ beats per minute.

- ❷ Take your pulse rate after exercise.

Pulse rate after exercise = \_\_\_\_\_ beats per minute.

- ❸ How long did it take for your pulse rate to return to normal?

\_\_\_\_\_ minutes

- ❹ Make a bar graph above the number 1 on the x-axis to show your resting heart rate. Also show the resting heart rates of the other students in your group above other numbers on the x-axis.

- ❺ Extend your own bar in a different color to show your heart rate after exercise. Do the same for the other students in your group.

