

**Laboratory Investigation**

**CHAPTER 4 ■ Circulatory System**

# Measuring Your Pulse Rate

**Problem**

What are the effects of activity on pulse rate?

**Materials** (*per group*)

clock or watch with a sweep second hand  
graph paper

**Procedure**

1. On a separate sheet of paper, construct a data table similar to the one shown here.
2. To locate your pulse, place the index and middle finger of one hand on your other wrist where it joins the base of your thumb. Move the two fingers slightly until you locate your pulse.
3. To determine your pulse rate, have one member of your group time you for 1 minute. During the 1 minute, count the number of beats in your pulse. Record this number in the data table.
4. Walk in place for 1 minute. Then take your pulse. Record the result.
5. Run in place for 1 minute. Again take your pulse. Record the result.
6. Sit down and rest for 1 minute. Take your pulse. Then take your pulse again after 3 minutes. Record the results in the data table.
7. Use the data to construct a bar graph that compares each activity and the pulse rate you determined.

**Observations**

				<b>Resting After Exercise (1 min)</b>	<b>Resting After Exercise (3 min)</b>
<b>Pulse Rate</b>	<b>Resting</b>	<b>Walking</b>	<b>Running</b>		