

# UNIT 8 - BLOOD / LYMPHATIC / CARDIOVASCULAR SYSTEMS

## ACTIVITY – Cardiac Fitness

### Objectives:

The student will understand and determine the pulse rate; compare the pulse rate before and after exercise; use pulse rate recovery time as a measure of fitness.

### Materials:

Clock or watch with second hand.

### Strategy:

#### Pulse

Discuss the meaning of pulse and pulse rate. Each student will take the radial, carotid, temporal and pedal pulse. Count pulse for 30 seconds multiply pulse rate by two. The student will record the number of beats in 60 seconds. Repeat two more times, and record the average in a data table. (Find the average by adding the three scores together and dividing by three.)

Students will work in pairs, with one taking and recording the pulse, and the other acting as the patient. Have the patient stand up and sit down twice every five seconds for three to five minutes. The student recording the pulse rate will take the pulse for 15 seconds, multiply by four, and record the pulse rate. After 15 seconds, take the pulse again for 15 seconds, calculate the pulse rate and record the one minute pulse rate in a data table. After another 15 seconds rest, take another 15 second pulse, and record the 1 minute. Wait 45 seconds, take a final 15 second pulse, and record the 2 minute.

### Scoring Your Pulse Rates

Rates	Good	Satisfactory	Fair to poor
Resting rate	44-62	64-80	82-100
Immediate Post test rate	80-100	104-134	136-156
30 second Recovery rate	64-84	88-116	118-140
1 minute Recovery rate	56-76	78-108	110-132
2 minute Recovery rate	56-76	78-108	110-132

Have students compare with other teams and discuss student scores.