

LAB 4-2

Your Resting Heart Rate

NAME _____ CLASS _____ DATE _____

Procedure

1. Place a watch or a clock with a second hand next to your bed. Upon awakening in the morning, locate your pulse and count your heartbeat for one minute. Repeat for three days and record your scores below.
2. Find your average resting heart rate by dividing the total for three days by three.

Day 1 _____ beats per minute

Day 2 _____ beats per minute

Day 3 _____ beats per minute

Total for three days $\frac{\quad}{3} = \quad$

My average resting heart rate is _____

Conclusions and Implications

1. Why is it desirable to have a low resting heart rate?
2. If there were any great variations in your resting heart rate from one day to the next, what do you think was the cause?