



What You Will Do

- To find the carotid pulse: Use the index and middle fingers on one hand and place them on one side of your throat.
- Press lightly and move your fingers around until you can feel a slight beating sensation.
- Turn to the back of this worksheet to complete the activity.

As noted, your heart rate, or pulse, can help you figure out your intensity needs for physical activity or exercise. In this activity, you will learn how to measure your heart rate.

What You Will Need

- Pen or pencil
- Stopwatch, wristwatch, or clock

What You Will Do

1. Using two fingers on one hand, find the carotid (kuh-ROT-id) pulse on one side of your throat. Do not use your thumb, which has a pulse of its own.
2. Press lightly until you feel a slight throbbing sensation.
3. Using a clock or watch, count the number of throbs, or beats, in six seconds.
4. Record the number of beats. Add a zero to get your heart rate for one minute.
5. Now find your radial pulse on the thumb side of your wrist.
6. Repeat steps 3 and 4.

Apply and Conclude

What reading did you get for your carotid pulse? Was it the same as for your radial pulse? Try taking a partner's pulse. To get your true resting pulse, you will need to perform one of these techniques the instant you wake up in the morning. Why would taking your pulse then make a difference?

Lesson 3-2

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Active Mind Active Body

Taking Your
Resting Pulse

Directions: To take your carotid pulse rate, use the directions on the front side of this worksheet.

1. Once you have taken the pulse rate, record the number of beats in the space below.

Add a zero to get your heart rate for one minute and record the number below.

2. To take your radial pulse rate: Repeat steps 1 through 3 under What You Will Do, but place the first two fingers of one hand on the wrist of the other hand (turned palm-side up) instead of on the side of your neck. Once you have taken the pulse rate, record the number of beats in the space below.

Add a zero to get your heart rate for one minute and record it.

Answer the following questions:

1. What reading did you get when you checked your carotid pulse? Was it the same as when you checked your radial pulse? _____
2. To get your true resting heart rate, take your pulse the instant you wake up in the morning. Record the number of beats in the space below.

3. Is there a difference in your pulse rate? Why do you think taking your pulse in the morning would make a difference? _____
4. You might want to take your pulse rate for 15, 30, and 60 seconds to see if you get consistent results. What is your most consistent result? _____

Apply

Compare your heart rate to one of your classmate's. Following the directions for taking the carotid or radial pulse rate, calculate the pulse rate of that student. Write a summary of how your two pulse rates compare. Make sure you take pulse rates following similar activity.

Lesson 3-2

2/20/11