

FIGURE 1: MEASUREMENT CHART

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Subject	Tester:
Pulse Conditions	Rate
When resting	
After walking	
After exercising	

Average pulse rate:

FIGURE 2: TESTING SKELETAL MUSCLE

Number of Minutes of Activity	Total Number of Squeezes:

- A. How did your pulse rate vary from a resting position, to after walking, to after exercising? (1 pts)
- B. Draw a graph of your heart rate from the resting position, to after walking, to after exercising. (2 pts)
- C. Why do you think the heart beats at different rates in different situations? (key words to use: slowest, increase, faster, energy, blood) (4 pts)
- D. Does the cardiac muscle ever stop to rest? _____ Support your answer with reasons. (2 pts)
- E. Define *voluntary muscle* and *involuntary muscle*. (2 pts)
- F. The squeezing action involved a voluntary muscle/involuntary muscle (circle your answer. 1 pt)
- G. Your heart is a voluntary muscle/involuntary muscle (circle your answer. 1 pt)
- H. Based on your average pulse rate, calculate how many times your heart beats in an hour ($APR \times 60 = H$), a day ($H \times 24 = D$), a week ($D \times 7 = W$), and a year ($W \times 52 = Y$). If you maintain a healthy heart throughout your lifetime, how many times will your heart beat from birth to the age of 80? ($Y \times 80 = \underline{\hspace{2cm}}$) (4 pts.)

$APR \times 60 =$ $H \times 24 =$ $D \times 7 =$ $W \times 52 =$ $Y \times 80 =$