

Name _____

Pulse and Respiration

Step 1: Find your own pulse on your wrist, count your own pulse for 15 seconds and multiply it by 4

_____ X 4 = _____ beats per minute

Step 2: Find your own pulse on your neck, Count your own pulse for 15 seconds and multiply it by 4

_____ X 4 = _____ beats per minute

Was there a difference in your pulse between the 2 Spots?

Step 3: Find your pulse on your own wrist, count your own pulse for 30 seconds and multiply it by 2

_____ X 2 = _____ beats per minute

Step 4: Find your own pulse on your neck, count your own pulse for 30 seconds and multiply by 2

_____ X 2 = _____ Beats per minute

Step 5: Find your own pulse on your wrist, count your own pulse for the full 60 seconds

_____ Beats per minute

Step 6: Find your own pulse on your neck, count your own pulse for the full 60 seconds

_____ Beats per minute

Were there any differences in your pulse rate from the 6 times you took it? If so which reading

Did you feel a consistent rhythm in your pulse rate? How would you describe it?

Was your pulse rate in the “normal range”?

Step 7: Attempt to find your pulse on your elbow...

Were you able to find it? How long did you have to try and find it before you felt it or before you gave up?

Step 8: Find 2 people in class and take their pulse on their wrist (you must count for AT LEAST 30 seconds and multiply by two)

Classmate _____ Pulse _____ beats per minute

Classmate _____ Pulse _____ beats per minute

Write the results on the board for the classmates you work with.

Step 9: Count your respiration rate for 30 seconds and multiply by 2 (you may have to use tally marks as a way to record your counting)

_____ X 2 = _____ breaths per minute

Step 10: Count your respiration rate for 60 seconds (you may have to use tally marks as a way to record your counting)

_____ Breaths per minute

Was there a difference in your breaths per minute between the 2 different measurements?

Did you find it hard to breath “normally” while you were trying to do this on you self?

Step 11: Pick out 2 classmates and count their respiration rate (remember this should be as secretive at possible and you must count for AT LEAST 30 seconds and multiply by 2)

Classmate _____ Respiration Rate _____ breaths per minute

Classmate _____ Respiration Rate _____ breaths per minute

Write your results on the board

CLASS AVERAGE PULSE RATE _____ Beats per minute

CLASS AVERAGE RESPIRATION RATE _____ Breaths per minute

*****IF TIME REMAINS IN CLASS ASK MS.MARTENS ABOUT EXTRA CREDIT!!!!**