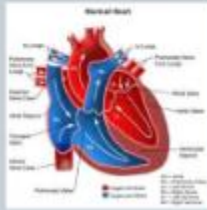


Recovery Heart Rate



Parkour/Free running



Parkour/Free Running

- What internal parts of the body are allowing for these people to do this?
- What body systems consist of the lungs, heart, veins, and arteries?
- Besides food, what is fueling these free-runner's body's cells?

Recovery Heart Rate

- Today we will be exploring how exercise affects your heart rate.



Recovery Heart Rate

Recovery Heart Rate

How does exercise affect your heart rate?



Recovery Heart Rate

Recovery Heart Rate

Thinking about the question

One way to measure fitness is to see how long it takes your heart beat to return to a normal pace after exercise. This is called the recovery rate.

Discuss these questions with the members of your lab group:

- What is your daily level of physical and sports activity?
- Do you ever become winded after climbing a set of stairs or running short distances?
- How long does it take for you to recover?
- How are the level of your physical conditioning and your recovery rate after exercising are related.

Recovery Heart Rate

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Recovery Heart Rate - Finding Your Resting Heart Rate

Setup

1. Sit in a chair.
2. Hold the heart rate grips in your hands.
3. Once you start recording it will take about 10 seconds for the sensor to start returning values.
4. Stay still.



Recovery Heart Rate

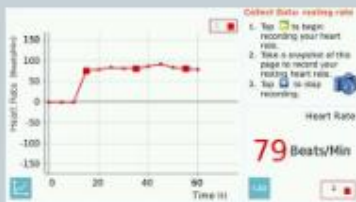
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Recovery Heart Rate

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Recovery Heart Rate

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Recovery Heart Rate - Finding Your Resting Heart Rate

Q4: How did this compare to your prediction?

Compared to my prediction, my resting heart rate is...

Recovery Heart Rate

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- Raise your hand if you had a resting heart rate greater than 80 beats per minute (bpm).
... if it's less than 80 bpm.
... if it's less than 70 bpm.
... if it's less than 60 bpm.

Recovery Heart Rate

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Recovery Heart Rate

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Recovery Heart Rate

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Recovery Heart Rate

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- The rate at which you breathe is called your respiration rate, or breathing rate.
- How did exercise affect your breathing rate?

Respiratory System

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- What waste product does this system release?
- What structures does oxygen move into in the lungs?
- What two structures allow movement to occur when lungs inhale and exhale?
- How is oxygen collected and sent to the rest of the body?



Circulatory system

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- What part of the heart pumps oxygen-poor blood to the lungs?
- What part of the heart pumps oxygen-rich blood to the body?
- Do arteries carry oxygen-rich blood or oxygen-poor blood?



Fun Facts

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- On average, 20 steps burn one calorie.



Fun Facts

20

- One drop of blood contains **5 MILLION** Red Blood Cells, **10 Thousand** White Blood Cells and **250 Thousand** Platelets.



Fun Facts

21

- "Bill Nye the Science Guy" claims that you could **wrap your blood vessels around the equator TWICE!**



Fun Facts

22

- Your heart beats approximately **3 BILLION times** during your lifetime!



Recovery Heart Rate

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Which one do you think has a faster heart rate?



Quick review

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- What does the circulatory system do?
- What does the respiratory system do?
- What effect did exercise have on heart rate?
- What effect did exercise have on respiration rate?