

Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

### Pulse Check

1. Take your pulse. I will time you for 30 seconds while you count. Make sure to label your pulse with the correct units.
2. When taking your pulse, why do you count how many times your heart beats for 30 seconds and multiply by 2?
3. What does "bpm" stand for?
4. My pulse \_\_\_\_\_ when I did activities that made my body work more.

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