



Student Activities

Title **Feeling the Effects!**

Theme **Physical Activity and the Human Body**

Introduction

The heart pumps blood, which contains oxygen, around the body. When exercising, muscles need more blood than when they are resting.

Different types of physical activity affect our bodies in different ways.

Learning Tasks

You are going to perform three different physical activities to see how each affects your heart and the rest of your body. You will need to stop and take note of what is happening to your heart and the rest of your body, and then record the sensations, feelings and changes in the table below.

To find your pulse in your neck - place two fingers gently to one side of your Adam's apple on your throat (that's the bit that sticks out and goes up and down when you swallow). Feel gently to the side of it, and you will find your pulse beating (you can feel it going up and down).

Allow a two-minute rest time between activities to let your body recover, and to feel and record the changes.

Begin by recording your resting heart rate over 15 seconds _____

Calculate (multiply by 4) what your resting heart rate would be for 60 seconds _____

	After walking for 5 minutes		After a slow run and walk for 5 minutes		After a faster run over 60 to 100 meters	
Heart Rate	15 seconds		15 seconds		15 seconds	
	60 seconds		60 seconds		60 seconds	
Changes to your heart / pulse						
Changes and feelings to your body						
Other everyday activities that would create similar heart rate changes						