

AMBIENT HEART RATE

Name: _____ Date: _____

In this activity, you will learn how to determine your average ambient heart rate by recording several ambient heart rates and averaging them. Remember to maintain the same position for each measurement so you get the most accurate value.

Right now, my ambient heart rate is _____ bpm (A).

A heart rate monitor is an electronic device that continuously measures your heart rate and displays it as a number of beats per minute (bpm). The three parts of a heart rate monitor are:

- 1.
- 2.
- 3.

Right now, my ambient heart rate is _____ bpm (B).

Name the function keys on your monitor and briefly describe their role (if you are using a projection system monitor skip this question):

Define ambient heart rate:

Right now, my ambient heart rate is _____ bpm (C).

Find and record your average ambient heart rate.

$$A + B + C = D \text{ (total readings)}$$

$$\text{Average} = D \text{ (total readings)} / (\text{number of readings, 3})$$

My average ambient heart rate for today is _____ bpm.