

TAKING YOUR PULSE

Name: _____ Date: _____

There are two basic methods of measuring heart rate: manually (with your hands) or mechanically (with a heart rate monitor). Your heart rate and your pulse rate are usually, but not necessarily, equal. Heart rate refers to the electrical impulses that cause your heart to beat; pulse, or **pulse rate**, refers to the movement of blood through your arteries. Unless otherwise instructed, take all readings sitting still or in a sedentary state. Count your pulse for six seconds and multiply that number by 10 to get a beats-per-minute (bpm) reading.

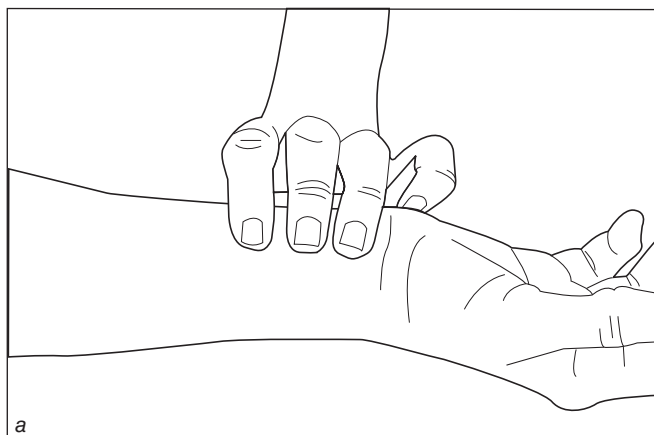
My pulse rates in three trials were:

- 1.
- 2.
- 3.

My heart rates using a heart rate monitor were:

- 1.
- 2.
- 3.

Following are the two most common locations on the body to take your pulse rate. The radial artery is at your wrist, and the carotid artery is at your neck.



Two locations to take a pulse: (a) radial artery and (b) carotid artery.

What I learned: