

2.2b

INTERNAL AND EXTERNAL INFLUENCES ON AMBIENT HEART RATE

Name: _____ Date: _____ Ambient heart rate: _____

Ambient heart rate is your heart rate when awake but at rest. It is usually measured in a sitting position. In general, a lower ambient heart rate is better than a high one. But as you now know, many factors can affect your ambient heart rate. External changes such as temperature, light, and body position can raise or lower your ambient heart rate. Many internal conditions such as physical and emotional stress, fatigue, and diet can cause ambient heart rates to change.

Instructions

1. Measure your heart rate in the following positions, and record it in the table.

AMBIENT HEART RATE CHANGES BY BODY POSITION

Body position	Ambient heart rate	Comments/observations
Sitting		
Lying prone, feet flat		
Lying prone, feet elevated		
Standing		
Holding a static contraction		

2. In the next table, put a check mark in the column that applies to each change.

INTERNAL AND EXTERNAL INFLUENCES ON AMBIENT HEART RATE

Change in internal or external environment	No change in heart rate	Increased heart rate	Decreased heart rate
1. Climbing a 10,000-foot (3,048 m) mountain			
2. Drinking a glass of ice-cold water or soda			
3. Moving from the shade into the sun			
4. Shivering from overexposure to the cold			
5. Sweating from overexposure to heat			

Change in internal or external environment	No change in heart rate	Increased heart rate	Decreased heart rate
6. Removing a jacket when feeling hot			
7. Waiting for the start of an exciting event			
8. Feeling sad or depressed because of a disappointment			
9. Praying quietly or listening to soft music			
10. Taking medication for colds or allergies			
11. Drinking something with caffeine in it			
12. Exercising in high humidity			
13. Standing quietly in the wind			
14. Becoming dehydrated or thirsty			
15. Going to bed at night			
16. Arguing with a friend			
17. Laughing loudly			
18. Getting into the "flow" (when time passes by unnoticed)			
19. Watching a horror movie			
20. Listening to different types of music			
21. Drinking sugar-free soda			
22. Waiting for the school bell to ring			
23. Overtraining as a result of too much physical activity			

3. Now try duplicating several of these conditions and record in the appropriate column whether your ambient heart rate increases or decreases as a result.