



Investigation 1

Pulse rates

Work in pairs to complete this investigation. Your teacher will discuss the rubric and criteria of assessment with you. Each partner must hand in his or her own investigation.

Introduction/Purpose

Write an introduction as follows: The purpose of this investigation is to measure the pulse rate of a fellow learner in two different situations.

Method

The method below explains what you have to do.

Describe the process, step by step, in your own words.

Measure each other's pulse rate in the following two situations.

- 1 While your partner is calm and restful
- 2 After your partner has completed any three-minute exercise that increases the pulse rate, such as skipping with a rope, brisk walking, and so on.
Do the pulse readings as follows.
 - Use a stopwatch or a watch that is easy to read.
 - Let your partner rest his or her open hand, palm facing upwards, on a stable surface such as a desk or table.
 - Place the tip of your forefinger lightly on your partner's wrist until you feel the pulse.
 - Start counting the pulse beats when the seconds hand or indicator of the watch is at zero, and stop counting when 60 seconds has passed.

Findings

Set out your findings as follows.

- 1 Patient is calm and restful.
Pulse rate = beats/minute
- 2 Patient just completed 3-minute exercise.
Pulse rate = beats/minute
- 3 What will cause your pulse rate to increase?

Conclusion

Write your own conclusion.