

Pulse and Heart Rate Investigation Review

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Understanding the Circulatory System

Name: _____

Date: _____

Answer the following questions based on what you learned about pulse and heart rate.

1. What is pulse?

- A. The sound of the heart
- B. The rhythmic pumping of blood through arteries
- C. The speed of breathing

2. Where can you locate pulse points on your body? Name two places.

3. Exercise causes your heart rate to ____ because your body needs more oxygen.

4. Your heart rate stays the same whether you are resting or exercising.

- True False

5. What scripture reminds us that we are wonderfully made?

- A. John 3:16
- B. Psalm 139:14
- C. Genesis 1:1

6. Why does physical activity affect your pulse rate?

7. The heart pumps blood through the ____ system.

8. You can feel your pulse in several locations on your body.

- True False

9. What happens to your heart rate during exercise?

- A. It decreases
- B. It stays the same
- C. It increases

10. What did you discover about your heart today during the activity?

Answer Key

1. The rhythmic pumping of blood through arteries 2. You can locate pulse points on your wrist and neck. 3. increase 4. False 5. Psalm 139:14 6. Physical activity requires more energy, so the heart beats faster to supply more oxygen to the muscles. 7. circulatory 8. True 9. It increases 10. I discovered how to measure my heart rate and how it changes with activity.