

# Heartbeat Investigations Review

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## Understanding the Circulatory System

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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

1. What is one location where you can measure your pulse?

- A. Wrist
- B. Ankle
- C. Knee

2. How does physical activity affect your heart rate?

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3. The pulse can only be measured at the wrist.

- True       False

4. Your heart rate can change based on the level of \_\_\_\_.

5. Which scripture reminds us that we are fearfully and wonderfully made?

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

6. What did you notice about your heart rate during the heartbeat tracking investigation?

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7. You can measure your pulse on your neck and inside of your elbow.

- True       False

8. To measure your pulse, you should use your \_\_\_\_ and count the beats for 15 seconds.

9. What happens to your heart rate when you walk or run?

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

10. Why is it important to understand how to measure your pulse?

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Answer Key

1. Wrist 2. Physical activity increases my heart rate because my body needs more oxygen and nutrients when I exercise. 3. False 4. activity 5. Psalm 139:14 6. I noticed that my heart rate was higher after running than when I was resting. It showed how exercise affects the heart. 7. True 8. fingers 9. It increases 10. It's important because it helps us monitor our health and understand how our body responds to different activities.