

Answer Key – Every Beat of Your Heart

1. Student pulse rates will vary.
2. After exercise
3. Running
4. The heart rate increases as the intensity of the exercise increases. However, as you reach a point of exhaustion, your heart rate begins to level off. (Source: Montana State University – Bozeman: Physiology and Psychology)
5. Students may suggest it depends on how fast you run or bike; most students would say running. To test the prediction, take someone's pulse after doing each activity for the same amount of time.
6. Assuming the two people were in the same physical shape, someone who has just run a long race