

# What's the Beat?

NAME \_\_\_\_\_

When at rest, the normal adult heart beats about 70 times a minute.

- How many times will the adult heart beat in:
  - one hour? \_\_\_\_\_
  - one day? \_\_\_\_\_
  - one week? \_\_\_\_\_
  - one month? \_\_\_\_\_
  - one year? \_\_\_\_\_
  - ten years? \_\_\_\_\_
  - twenty years? \_\_\_\_\_
  - thirty years? \_\_\_\_\_
  - sixty-five years? \_\_\_\_\_
- Which is greater: the number of heartbeats in one hour, or the number of seconds in an hour? How do you know?
- Does the heart beat faster than once a second? How do you know?
- What length of time is required for an average adult human's heart to beat 1,000,000 times? How did you make this decision?
- When at rest, the blue whale's heart rate is 5 beats each minute, the elephant's heart rate is 30 beats per minute (bpm), and the adult human's heart rate is 70 bpm. The shrew, a mouselike animal, has a heart rate of about 1,000 bpm.
  - About how many more times each day does the shrew's heart beat than the adult human's?
  - About how many more times in a day does the adult human's heart beat than the elephant's?
  - What conclusions can you draw from the information above?

