Name: _____   Date: _____

The Beat Goes On Activity – Heartbeat Math Worksheet

Questions

Find your pulse on your neck. Count how many heartbeats you feel in 10 seconds.

I felt _____ heartbeats in 10 seconds.

1) How can we figure the heart rate per minute if we only had 10 seconds to time
    our heartbeat?

> *Example:* I felt 20 heartbeats in 10 seconds.

> 60 seconds = 1 minute
> 60 seconds ÷ 10 (the number of seconds we have to time) = 6
> To find the heart rate after only 10 seconds, multiply 20 (number of
> heartbeats in 10 seconds) by 6.

> *Answer:* My heart rate is 120 beats per minute (20 x 6 = 120)

Now you try it! Count how many heartbeats you felt in 10 seconds.

I felt _____ heartbeats in 10 seconds.

> Remember: 60 seconds = 1 minute and 10 x 6 = 60; so I need to
> multiply the number of my heartbeats by 6 to get my heart rate:
> _____ x 6 = _____

My heart rate is _____ beats per minute.

2) What if you wanted to find out how many times your heart beats in one hour?

There are _____ minutes in one hour.

> So, I need to multiply the number of times my heart beats per minute
> (_____) and the number of minutes in one hour (_____) to get my
> heart rate per hour: _____ x _____ = _____

My heart rate is _____ beats per hour.

3) What if you wanted to find out how many times your heart beats in one day?

There are _____ hours in one day.

> So, I need to multiply the number of times my heart beats per hour
> (_____) and the number of hours in one day (_____) to get my heart
> rate per day: _____ x _____ = _____

My heart rate is _____beats per day.

4) What if you wanted to find out how many times your heart beats in one year?

There are _____ days in one year.

> So I need to multiply the number of times my heart beats per day
> (_____) and the number of days in one year (_____) to get my heart
> rate per year:_____ x _____ = _____

My heart rate is _____ beats per year.

Challenge Questions

1) What if you lived to be one hundred years old? How many times would your heart beat?

2) The average heart pumps about 1.7 gallons of blood per minute. Can you figure out how much blood is pumped in 1 hour? One day? One year?