



## Curiosity Guide #505

### Circulatory System

Accompanies Curious Crew, Season 5, Episode 5 (#505)

#### Healthy Heart

Investigation #8

#### Description

How can you keep a heart healthy? Find out!

#### Materials

- A friend
- Stopwatch or timer that operates in seconds
- Stethoscope

#### Procedure

- 1) Perform these steps with a friend so the two of you can compare and talk about what you found out. One person can operate the stopwatch while the other person counts, and then switch jobs.
- 2) Listen to your heart with a stethoscope.
- 3) Use the stopwatch to count how many beats you have in 15 seconds.
- 4) Multiply that number by 4 to find your heart rate per minute.
- 5) Run hard in place or do jumping jacks for 30 seconds.
- 6) Calculate your heart rate again.
- 7) What did you notice?

## My Results

### Explanation

When a person exercises, the body needs more oxygen and blood. As a result, the heart begins to pump faster to supply that oxygenated blood throughout the body. Exercise is a great way to keep your heart muscle strong.

**Try this!** See if you can measure a person's heart rate, then compare it to a second measurement 30 minutes after the person injects caffeine. Caffeine is an unhealthy way to increase heart rate.

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