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.

Parents and Educators: use #CuriousCrew #CuriosityGuide to share what your Curious Crew learned!

Curious Crew is a production of Michigan State University.
Learn more at WKAR.org.
© MSU Board of Trustees. All rights reserved.