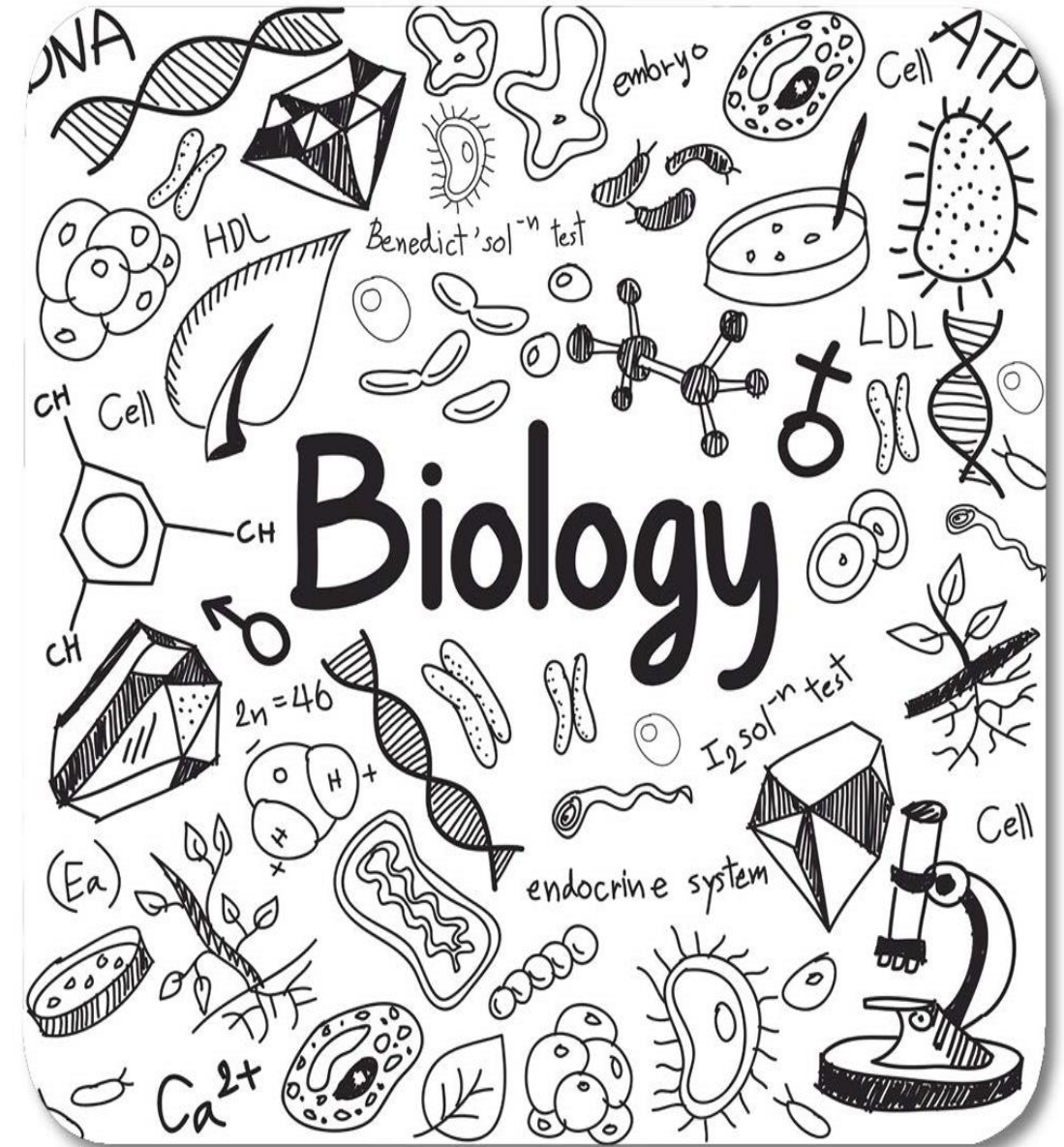




The National
Orthodox School
Shmaisani

Lesson: **Pulse Rate**
Scholastic Year: 2022-2023
Grade: 7CS



Accredited by



Cambridge Assessment
International Education
Cambridge International School

edexcel

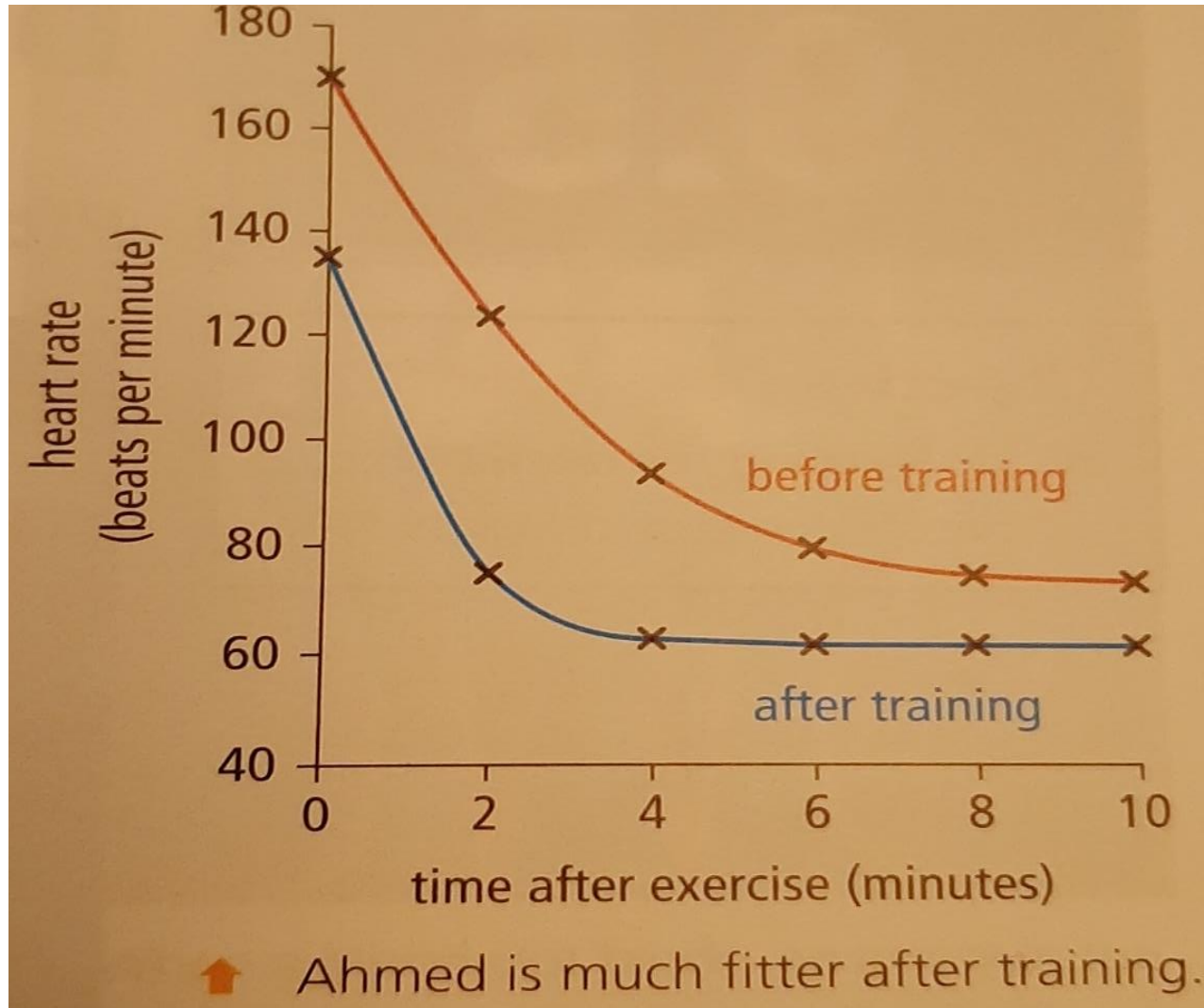
CIS
COUNCIL OF
INTERNATIONAL
SCHOOLS



Pulse rate

<https://www.liveworksheets.com/zh1666383mb> introduction

Complete the table below to compare Ahmad's results .



	Before training	After training
Resting heart rate (beats / minute)	70-75	60-65
Maximum heart rate (beats / minute)	170	135
Recovery time (minutes)	9 min	4 min

Conclusion :

- *Your heart beats harder and faster during exercise .*
- *Regular exercise makes your heart more efficient .*
- *This decreases your heart rate and shortens your recovery time.*

- 1 Read the following paragraph and fill in the gaps with words from the box below. Each word may be used once, more than once, or not at all.

Your heart beats harder and **faster** during exercise. Regular exercise makes your heart more **efficient** This **decreases** your **heart** rate and **shortens** your recovery **time**

efficient

heart

time

faster

decreases

shortens

- 2 The table shows two athletes' test results.

- a Deduce which athlete is fittest..... **A**
- b Give two pieces of evidence to support your conclusion.

Athlete	Resting heart rate (beats per minute)	Recovery time (seconds)
A	63	125
B	74	457

1. **lowest resting heart rate**

2. **shortest recovery time**

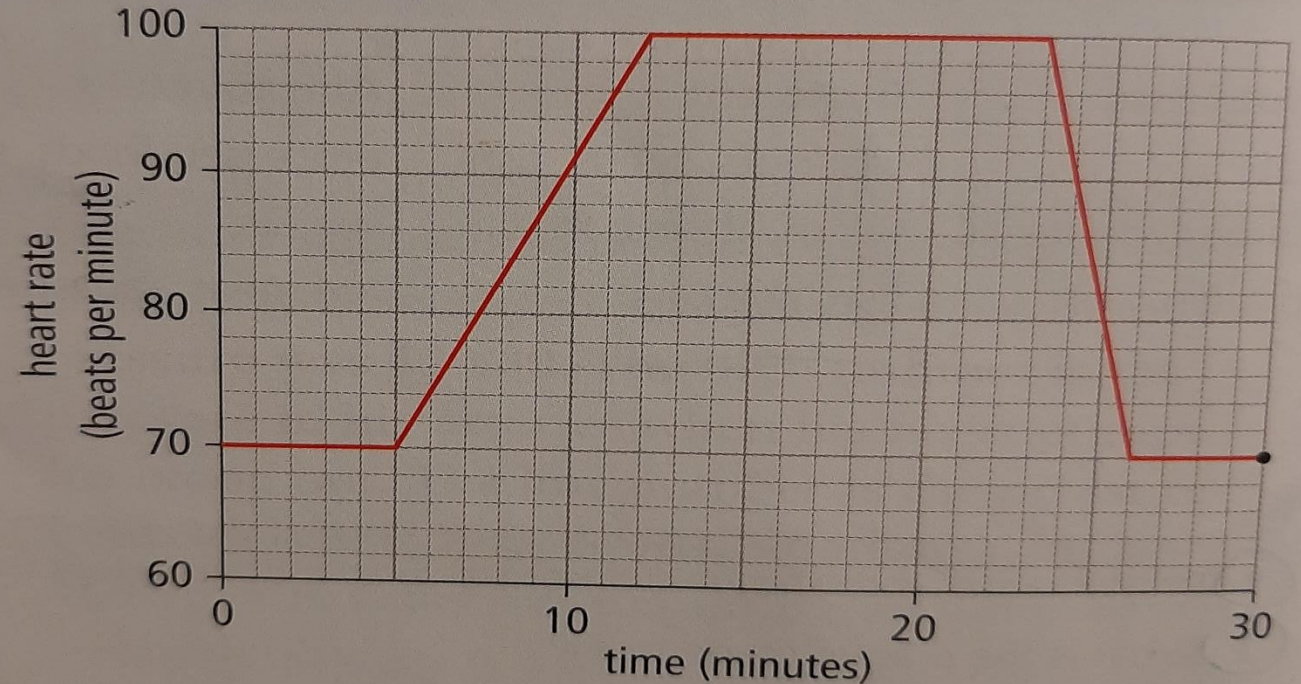
Review question 6 page 122

a. After 5 minutes.

b. When she exercises, her muscles need more glucose and oxygen so they can release more energy using respiration.

c. At 26 minutes.

- 6 A student's heart rate was measured once a minute for 30 minutes. Then the results were plotted on a graph.



- a According to the graph, when did the student start to do some exercise? [1]
- b Explain why her heart rate changes during exercise. [2]
- c When did the student stop exercising? [1]

Review question 8 page 123

- a. Their heart rates rose to supply the muscles with more oxygen needed for respiration .
- b. Student B because their resting heart rate is lower and it does not increase so much during exercise.
- c. Take more frequent exercise that raises their heart rate such as running or swimming.

8 A sports scientist measured two students' heart rates when they were resting and after they ran for 2 minutes at the same speed.

Student	Heart rate (beats per minute)	
	Sitting	Running
A	76	120
B	62	80

- a Explain why their heart rates were higher when they were running.
- b Which student is fitter?
- c How could a student improve the efficiency of their circulatory system?