



stem4math

Pulse



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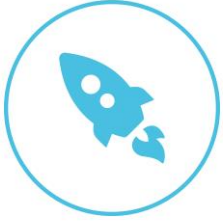
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Engage

Discuss the pulse/heartbeat in different situations.

Answer the questions.

1. How can you influence your pulse/heartbeat?

2. How can you get a higher pulse /heartbeat?

3. Is there a difference when children do sports (eg twice a week)?

4. Is there a difference between boys and girls?



Investigate

1. How are we going to find out the correct answers?
2. How can you conduct such an experiment?



How can we measure time?

We have a problem when we want to conduct the experiments... We need to measure the time. How are we going to manage this?

Write down which measurement tools that exists.



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Conclude

1. Gathering data

- Start by estimating your friends pulse (fill in the chart)
 - in rest
 - immediately after an activity
 - one minute after activity
- Now use the self-made measurement tool and measure the pulse in these three different situations. Fill in the results in the chart.
- Which activity will we do to augment the pulse?

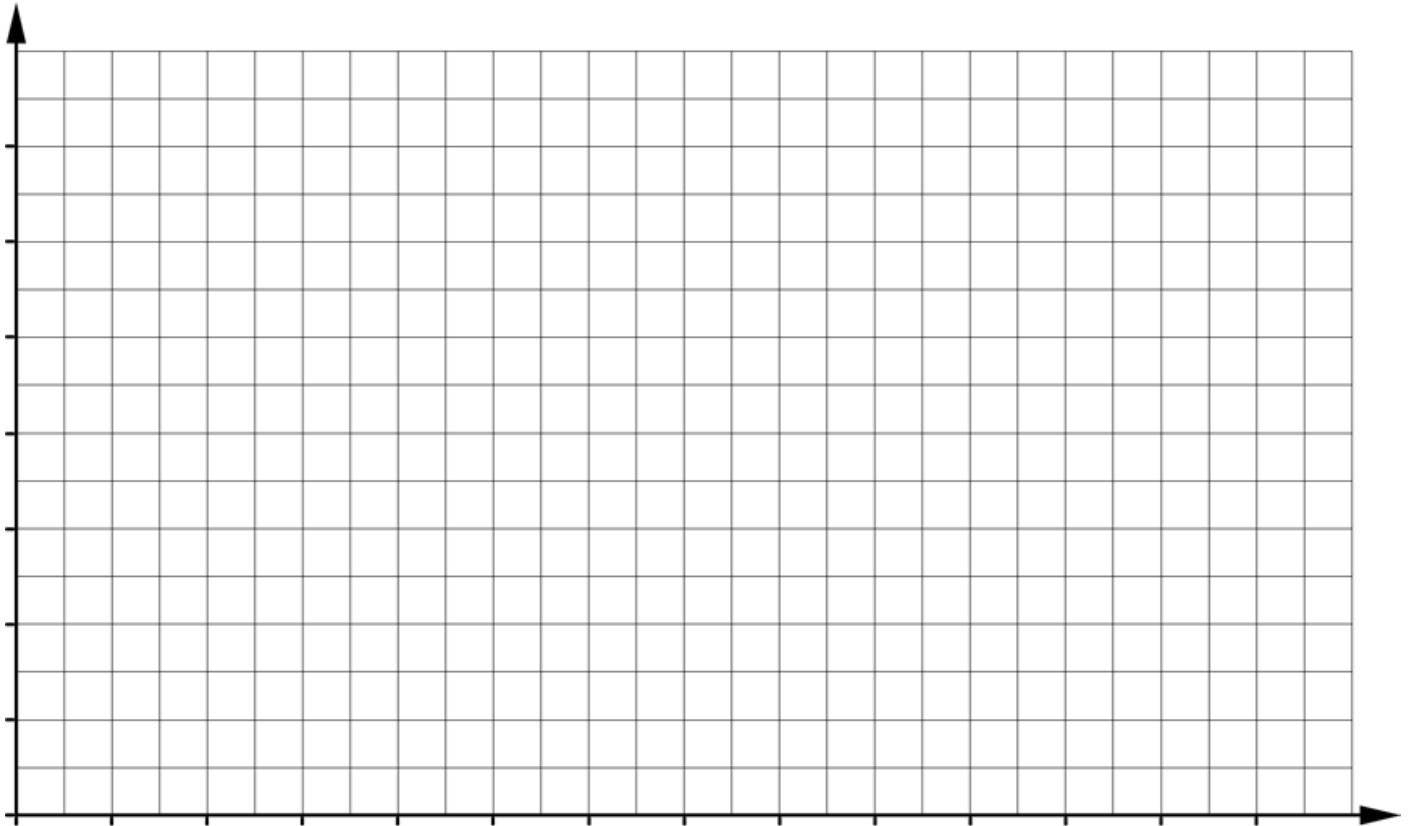
- Recuperation needs to be measured too.



Name:	boy/ girl	Sport/ No sport	<u>Estimate</u> heartbeat in rest.	Measure heartbeat in rest.	<u>Estimate</u> heartbeat immediately after an activity.	Measure heartbeat immediately after an activity.	<u>Estimate</u> heartbeat one minute after activity.	Measure heartbeat one minute after activity.
Average:								

Graph:

heartbeat in rest / immediately after an activity / one minute after activity



Discuss in your group what is typical for your data.

Write down below:

Research on the level of the class

Average pulse for all boys (in rest).

Average pulse for all girls (in rest).

Conclusion?

Average pulse of all no - sporters.

- 1) In rest
- 2) Immediately after activity
- 3) After 1 minute

Average pulse of all sporters.

- 1) In rest
- 2) Immediately after activity
- 3) After 1 minute

Conclusion?





Plan

and



Create

How can we make a measurement tool on our own in order to measure the pulse/heartbeat?

Make a drawing of your measurement tool:



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Report

Now let's evaluate all the work done.

Report about positive aspects of this project and the less positive and explain your difficulties during all the process...



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