Cardiovascular Activities:

1) **Stethoscope- listening to your heart beat**

2) **Determining Your Resting Heart Rate**

Step 1: Use the correct fingers Use the index and middle finger to find the pulse. The thumb is never used as it has a pulse of it's own that could interfere with a correct count.

Step 2: Locate your pulse Most people find their pulse in the side of the neck or at the wrist. If you are locating it in the side of your neck, do not press too hard or you could block blood flow to one side of the brain. Tilt your head back slightly and place your fingers in the groove that is to the side and slightly above the Adam's apple. If you are trying to locate the pulse in your wrist, tilt the hand back slightly and place your fingers on the thumb side of your wrist, not in the middle.

Step 3: Count the beats that you feel The first count begins with zero. Each successive beat you feel is counted 1, 2, 3 and so forth. Continue counting for one full minute.

Step 4: Record the count The number should lie somewhere between 45 and 80. An elite athlete will have a low resting heart rate. An older person who is sedentary will have a higher resting heart rate. The higher resting heart rate does not indicate cardiovascular disease but lack of aerobic conditioning.

Drugs affect the resting heart rate. Drugs such as caffeine and those found in cold medications raise the heart rate and do not give a true indication of the resting count. Some drugs, such as LSD, have been known to increase the resting heart rate for months after a single dose has been taken.

3) **Looking at the Components of Blood**

What is our blood made of? Match each of your answers with their description and function.

REB BLOOD CELLS (RBC's)	A. Syrupy, clear yellowish liquid that makes up 55% of the blood. It carries dissolved food and wastes.
WHITE BLOOD CELLS (WBC's)	B. Small particles that make up 1/2 % of the blood. They help your blood clot.
PLASMA	C. These carry oxygen to the body and carbon dioxide away from cells. They make up 44% of the blood.
PLATELETS	D. These oddly-shaped cells make up 1/2 % of the blood. They "eat" bits of old blood cells and attack germs.