

TAPESCRIPT

Narrator: Listening Test

Heart Rates

Section 2

You will hear two students, Stella and Ken, measuring their heart rates and recovery heart rates after doing some exercises in the playground.

The recording will be played twice. Do as much as you can the first time and answer all the questions the second time.

You have 30 seconds to look at your questions.

[30 sec music]

Listen and answer the questions.

Ken: Stop! 15 seconds!

Stella: My heart beats 17 times in 15 seconds.

Ken: 17 times by 4. That's 68 beats a minute, Stella.

Stella: My resting heart rate is about average, but it's high compared with yours, Ken – 52 beats per minute resting heart rate.

Ken: True, but Miss Yip said we need to measure our recovery heart rate as well because it's a better measure of fitness.

Stella: That's right. She said when we exercise we use more energy, and because we use more energy, the heart needs to beat faster to supply more oxygen to the muscles.

Ken: Yeah, and that leads to heavier breathing.

Stella: Hence the fact we can feel "out of breath" when exercising.

Ken: How did she say we measure our recovery heart rate again?... Oh yes, that's it. First, we need to do heavy exercise. We stop when we feel "out of breath". We then measure our heart rate right after we stop. Finally we measure our heart rate again after one minute.

Stella: Yes, it'll drop down – the more it falls, the fitter you are.

TAPESCRIPT

- Ken: Let's try to measure our recovery heart rate now! Instead of running around, why don't we do the Harvard Step Test? Can you remember how to do it?
- Stella: I wrote it down – just a moment... Okay, first find a high chair or step.
- Ken: This chair will do.
- Stella: Step up with one foot, then the other, then down with one foot and then down with the other.
- Ken: Up – up – down – down – easy!
- Stella: That's one cycle. You've got to do a cycle every two seconds and keep doing that for five minutes without stopping, or until you're exhausted.
- Ken: Okay. Then what?
- Stella: You measure your heart rate immediately after you finish. Then measure again one minute later. Subtract the second reading from the first reading and that is your recovery heart rate.
- Ken: Right. Let's do it.

Now listen to the recording again.

[repeat recording]

You have 30 seconds to check your answers.

[30 sec music]

This is the end of Section 2.