

TAPESCRIPT

Narrator: Listening Test

Heart Rates

Section 1

You will hear a teacher, Miss Yip, telling a class about heart rates and how to find and measure them.

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.

Miss Yip: As you know we are combining maths, science and sport for the next two weeks. This lesson is about heart rates. What do you know about our heart?

Ken: It is an important organ in our body. It helps pump blood around our body.

Miss Yip: You are right, Ken! The heart is a muscle and it is used to pump blood around the body. The blood carries oxygen to the muscles and the oxygen helps us to convert the food we have eaten into energy which the muscles can use.

Fitter people have bigger, stronger hearts which don't need to beat as often to deliver oxygen to the muscles, and therefore often have lower heart rates.

Ken: How do you find your heart rate, Miss Yip?

Miss Yip: Well, you can feel your pulse. You can do this by feeling any artery. An artery is the tube that carries blood from your heart to your body. You can find it near the surface of your skin, for example in your wrist or neck.

Ken: What should we do to find the pulse?

Miss Yip: Ken, please come out and help me show the class how to do it. In order to find the pulse in your wrist, the radial pulse, first turn your left palm

TAPESCRIPT

upwards. Then, use two fingers of your right hand and press them on your wrist.

Don't press too hard, Ken, otherwise you won't feel it. Can you feel some beating?

Ken: Yes, I can!

Miss Yip: Thank you, Ken. You can feel each other's, too, and help each other to find them if you need to.

Ken: How should we count our heart rate once we feel our pulse?

Miss Yip: If it's beating fast, you have a high heart rate, and if it's slow, a low heart rate. Your heart rate is measured in beats per minute, and you can calculate yours by counting how many times you feel your pulse in 15 seconds and multiplying the number by 4.

You can try to feel your pulse now. If you can't find your pulse, come and see me before the end of the class and I'll help you to find it.

Narrator: 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 1.