

## TAPESCRIPT

**Narrator: *Listening Test***

***Heart Rates***

***Section 3***

***You will hear Miss Yip analysing the results of the heart rate tests with the class.***

***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: Thank you all for giving me your data on the resting and recovery heart rates. I've put all the results together for you to see.

I would like to know the mean of the heart rates of our class. Can anyone tell me what the mean is? Yes, Stella.

Stella: The mean is a kind of average – to calculate the mean, you add all numbers together. For example, the heart rates of people in the group, and divide the total by the number of people.

Miss Yip: Good, Stella. We are going to use the mean today. Stella, here's a challenge for you. Can you please find the mean resting heart rate and mean recovery heart rate for this class?

Stella: Sure but it may take a while.

Miss Yip: And Ken, while Stella is doing that, can you please tell me the lowest and the highest resting heart beats per minute for this class?

Ken: ...the lowest is forty-eight and... the highest is eighty-one.

Miss Yip: Superb. And Ken, can you give us the same numbers for the recovery heart rates...

Ken: Yes... the lowest is eighteen and the highest is forty-eight.

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Miss Yip: That's good. If the recovery heart rate is less than twelve, you are in trouble and should go and see your doctor. And over forty is outstanding – how many of you got over forty? Hands up... three of you out of thirty people – that's 10%. It's pretty high – we have a fit class. Who got forty-eight?

Ken: Me.

Miss Yip: That's great Ken. You do a lot of running, don't you?

Ken: Yes, and football.

Miss Yip: Have you got the results yet, Stella?

Stella: Yes, for the resting seventy-one and recovery twenty.

Miss Yip: Great, that's about what we would expect. As you get older, the resting heart rate will go up and the recovery heart rate will go down. But you can improve your recovery heart rate with regular exercise, for instance jogging.

*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 3.*