

E9EL027 Heart Rates * (Advanced)**

Section 1

Choose the best answers.

1. According to Miss Yip, how does food turn into energy for muscles?

- A. By using the oxygen which the blood carries
- B. By using the food which the blood carries
- C. By using the blood which the heart carries

2. According to Miss Yip, fitter people have lower heart rates because _____.

- A. their hearts are stronger and don't have to beat as often
- B. their hearts don't need to deliver oxygen to their muscles
- C. they have more oxygen in their muscles

3. According to Miss Yip, you can feel your _____ by touching an artery near the skin.

- A. heart beat
- B. wrist or neck
- C. pulse

4. What advice does Miss Yip give to the students about finding their pulse?

- A. They won't feel it if they push too firmly
- B. Their pulse will stop if they push too hard
- C. They need to push hard to feel their pulse

5. According to Miss Yip, which of the following words is similar to "pulse"?

- A. Feel
- B. Tube
- C. Beat

E9EL027 Heart Rates * (Advanced)****Section 2**

Choose the best answers.

1. What word does Ken use to change the topic from resting heart rate to recovery rate?

- A. “Better”
 B. “But”
 C. “Because”

2. Ken describes how to measure recovery heart rate. Put the following in the correct order according to his description. Write the correct order (1 – 5) in the spaces provided.

<i>Order</i>	<i>Steps</i>
	A. Measure heart rate
	B. Measure heart rate again
	C. Stop exercising
	D. Exercise hard
	E. Wait one minute

3. For the “Harvard Step Test”, how many times does Ken have to step up in two seconds?

- A. At least one time
 B. At least two times
 C. At least five times

4. According to Stella, the recovery heart rate is the reading immediately after the exercise _____.

- A. added to the second reading
 B. minus the second reading
 C. minus the first reading

E9EL027 Heart Rates * (Advanced)****Section 3**

Choose the best answers.

1. What has Miss Yip prepared for the students to see?

- A. The averages of the students' heart rates
- B. A full list of students and their heart rates
- C. Information on the importance of heart rates

2. Which of the following is TRUE?

- A. Stella starts her task first but Ken finishes his first.
- B. Stella finishes her task before Ken starts his.
- C. Stella and Ken start and finish their tasks at the same time.

3. According to Stella, to calculate the mean of students' heart rates, we need to _____.

- A. organize the heart rates of students in order
- B. count the most common value of the heart rates of students
- C. divide the total sum of heart rates by the number of students

4. What does Miss Yip say should not be below 12?

- A. Resting heart rate
- B. Recovery heart rate
- C. The number of people with a recovery heart rate over forty

5. At the end, Miss Yip says that when students get older _____.

- A. they will exercise more
- B. they may become interested in jogging
- C. they can be fitter with the help of exercise