

E9EL028 Heart Rates ** (Basic)

Section 1

Choose the best answers.

1. According to Miss Yip, what pumps blood around the body?

- A. Energy
- B. Oxygen
- C. The heart

2. What is the name of the pulse in the wrist?

- A. The artery pulse
- B. The palm pulse
- C. The radial pulse

3. How does Miss Yip suggest the students take their pulse?

- A. Press their finger on their wrist, then turn over their left hand.
- B. Turn over their right hand, then press their fingers on their wrist.
- C. Turn over their left hand, then press their fingers on their wrist.

4. According to Miss Yip, how do you know if you have a low heart rate?

- A. Your pulse beats quickly.
- B. Your pulse beats slowly.
- C. You can't feel your pulse.

5. When does Miss Yip ask the students to see her for help in finding their pulses?

- A. Before they start to find the pulse in their neck
- B. After the lesson finishes
- C. Before the lesson finishes

E9EL028 Heart Rates ** (Basic)**Section 2**

Choose the best answers.

1. Which one of the following is TRUE?

Stella says_____.

- A. Ken's resting heart rate is high
- B. Ken's resting heart rate is lower than hers
- C. Stella's resting heart rate is lower than Ken's

2. According to Stella, which of the following is TRUE?

- A. Exercise makes the heart beat faster.
- B. A faster beating heart makes you exercise more.
- C. Exercise gives us more energy.

3. Ken describes how to measure recovery heart rate. Put the following steps in the correct order according to his description. Write the correct order (1 – 5) in the box on the left. The first one has been done for you.

<i>Order</i>	<i>Steps</i>
	a) Measure heart rate
	b) Stop exercising
1	c) Exercise hard
	d) Measure heart rate again
	e) Wait one minute

4. According to Stella, which of the following is TRUE?

- A. Fit people's heart rates drop more after exercise.
- B. Fit people's heart rates should not drop after exercise.
- C. Fit people fall down after doing exercise.

E9EL028 Heart Rates ** (Basic)**Section 3**

Choose the best answers.

1. Which of the following is TRUE?

Miss Yip asks Stella _____ and Ken _____.

- A. to find the heart rate data / to help her work out the numbers
- B. to find the class heart rate averages / to find the lowest and highest rates
- C. about the class / about the fittest persons in the class

2. Who has the longest task?

- A. Stella
- B. Ken
- C. Miss Yip

3. Miss Yip says the students should see the doctor if _____.

- A. their recovery heart rate is below 12
- B. their recovery heart rate is above 12
- C. their resting heart rate is above 12

4. How many people in the class have recovery heart rates over 40?

- A. 3
- B. 30
- C. 1

5. What exercise does Miss Yip suggest students to do to improve their recovery heart rate?

- A. Swimming
- B. Playing football
- C. Running