

Blood Pressure Clinic ... it's free!!

Part 1: Check Your Pulse

Take your pulse by following the steps below. Record the value. Then do part two. Finally, go to the Free Blood Pressure Clinic (your teacher) and compare the results from the digital monitor.

It's fun to take your pulse during and after exercising.
Shows you how hard you've been working!

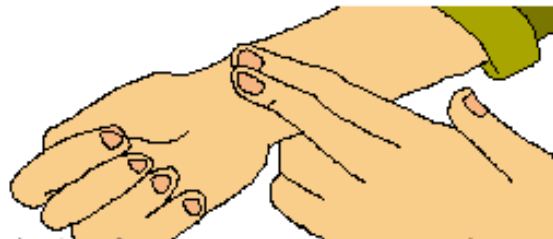
You will need:

One watch with seconds visible.



Step 1

Lightly place your index and middle finger over the front of your wrist.
(that's the side where your veins are visible)



Step 2

Watch the clock - for ten seconds, count the number of pulses that you feel in your wrist.

1,2,3,4,5,6,7,8,9,10,11,12,13,14,15

Step 3

Multiply that number of pulses by six and you'll have your pulse rate.

$$15 \times 6 = ?$$

So, if your pulse beats fifteen times in ten seconds like mine did, your pulse rate is 90 beats per minute.

Part 2: Check Your Blood Pressure

(1) Watch the Brain Pop on "Blood Pressure". (2) Then click on the "Measuring Your Blood" picture and do the interactive activity. (3) Then go to the free Blood Pressure Clinic (your teacher) and have your blood pressure checked with the digital monitor.

Brain POP® Blood Pressure

1 What is blood pressure?

- A The pressure exerted by blood on the walls of the heart
- B The pressure exerted by blood on the walls of the veins
- C The pressure exerted by blood on the walls of the arteries
- D The pressure exerted by blood on the walls of individual cells

2 If you wanted to feel pressure waves in your body, where would you touch?

- A Anywhere where there's a prominent bone
- B Anywhere where you'd take your pulse, like your neck
- C Anywhere where there are large bundles of nerves in your body
- D Only around your heart, and nowhere else

3 When is blood pressure the highest?

- A When blood is pumped out of the heart
- B When oxygen is transferred from the lungs into the bloodstream
- C When blood is circulating through your hands and feet
- D When blood flows from the body into the heart

4 During diastole, the heart is in a(n) _____ state.

- A Excited
- B Active
- C Tense
- D Relaxed

5 Which of the following represents a "normal" blood pressure?

- A 150/80
- B 130/90
- C 110/70
- D 120/60





6 At what point will you have the highest blood pressure?

- A When you're listening to a lecture in class
- B When you're eating lunch
- C When you're on the phone with a friend
- D When you're watching a scary movie

7 In the movie, Tim says that high blood pressure can be hereditary. What does this mean?

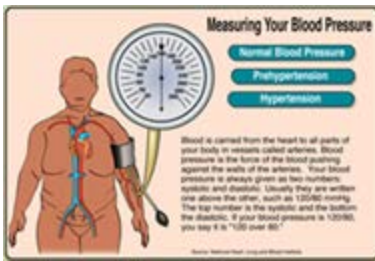
- A It can be passed down from parents to their children
- B It can be controlled with medication
- C It can be harmful to your overall health
- D It can change over time

8 Which of the following people is LEAST likely to have hypertension?

- A 
- B 
- C 
- D 

9 If you have high blood pressure, you're at a greater risk for:

- A Lupus
- B Lung cancer
- C Heart attack
- D Colds and flu



Click the picture

Measuring Your Blood Pressure

Match:

- _____ 1. A pressure of 120/80.
- _____ 2. A pressure of 140/90 or higher.
- _____ 3. At risk of having high blood pressure (but not quite there yet).
- _____ 4. A pressure of 132/87.
- _____ 5. Causes problems with kidneys, brain, heart, and lungs.

A Normal Blood Pressure

B Prehypertension

C Hypertension

Free Blood Pressure Clinic

See your teacher to get tested



1. What is your resting pulse?
2. How does this compare to the value you tested in part 1?
3. What is your blood pressure?
4. What range is your pressure in (Normal, Prehypertension, Hypertension)?

Remember, we're not doctors. Although your BP reading should be fairly accurate, there is room for error!