

TEACHER PRINTOUT

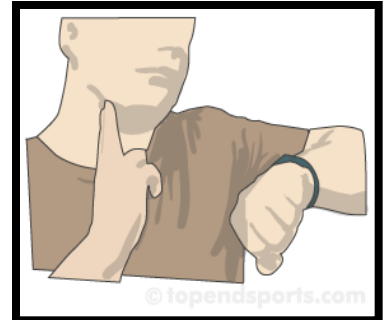
Measuring Procedures

Using the below methods, record rates before, during, and after each activity until the rates return to normal.

Heart Rate

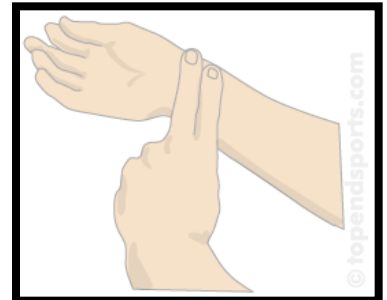
Method One: Carotid Pulse (Neck)

1. Place the tips of your index and middle fingers lightly over one of the blood vessels on you neck, just to the left or right of your Adam's apple.
2. Count the pulse for 10 seconds and multiply the number by six.



Method Two: Radial Pulse (Wrist)

1. Place the tips of your index and middle fingers inside your wrist just below the base of your thumb.
2. Count the pulse for 10 seconds and multiply the number by six.



Respiratory Rate

Check your respiratory rate by counting the number of times you take a breath in one minute. To do this, count the number of times your chest rises for one full minute while breathing normally.

Blood Pressure

To check your blood pressure, review and follow the operations instructions of the digital blood pressure monitor.