

Scouting at Home

Suitable for: Joeys | Cubs | Scouts | Venturers

Time needed: 60 minutes



Personal Growth
Challenge Area



Body Maths

Keep healthy and learn how to measure your heart rate during rest and exercise.

You will need

- Paper
- Pens or pencils
- Timer
- Calculator

Instructions

1 Plan a hike around your neighborhood, with the aim of measuring your heart rate. Identify areas on the route suitable to skip, jog on the spot or do star jumps, to see how your resting heart rate compares with your target exercise heart rate.

2 Practise finding your pulse, using the first two fingers of one hand to feel the pulse on the opposite wrist, just below the thumb. To measure the resting heart rate, take your pulse while you are relaxed and sitting down, for example, before the hike begins. Take the number

of beats you count in 10 seconds and multiply them by six. Write this figure down on a piece of paper.

3 At the chosen points on the route, assign appropriate exercise for an allotted time, for example, 10 minutes of running on the spot. At the same time, check your pulse rate after one, two and five minutes of activity, and at the end. Just count the number of beats in 10 seconds then multiply by six. Write down each of the results.

4 At the next stopping point on the route, choose a different exercise and repeat the process, stopping to measure your pulse and record the results again.

5 Also, measure your pulse after each stage of the hike and see how it compares with your pulse rate at the start of the hike, during the middle and at the end.

Take your pulse

Use the first two fingers of one hand to feel the pulse on the opposite wrist, just below the thumb.



6 When the hike is finished, have a look at your results and see which exercise produced a higher heart rate. You will find that 10 minutes of hiking, which is moderate exercise, results in a lower heart rate, while a burst of star jumps will increase the heart rate because it is more intense.

Outcomes

Planning a hike around other forms of exercise to measure and compare heart rate will reveal the science behind exercise and show which forms of exercise are best to keep your heart healthy. By recording your results, you will see that different activities affect heart rate differently. The activity shows that a short burst of vigorous exercise bumps up the heart rate, whereas you would have to do moderate exercise, such as walking, for a longer time to achieve the same result.

Taking it further

Ask if anyone else in your Group is doing the same activity and compare heart rates to see how they vary from person to person and between people of different ages.

