HEALTH (SMALL GROUP)

LESSON 2: HEALTHY HEART

Objective: Students will learn how to measure their heart rate using their pulse. They will understand how to increase heart rate through the use of exercise.

ACTIVITY:

Tell students to pull out their phones and take a heart health quiz at www.joinmyquiz.com

Leader: You can create a free account on quizizz.com and have students take the heart health quiz which you can find when you search. If you cannot access quizizz.com, you could make your own heart health quiz.

Congratulate the student with the most answers correct. Inform students that they are going to learn how to take their pulse which gives an idea of one's heart rate.

Help students find their pulse by using their left hand to feel for the pulse on the right hand. Place right hand with palm facing upwards. Place first two fingers of left hand on spot where thumb of right hand meets wrist. Apply slight pressure with two left fingers until pulse is found. Once everyone has found their pulse, time for 30 seconds. Tell students to multiply the number of pulse beats by 2 after the thirty seconds. Have them remember or write down their number. This is the resting heart rate.

Now, choose an exercise to elevate the heart rate. Push-ups, sit-ups, jumping jacks will do the trick. Exercise for 5-7 minutes. Retake pulse. Write the number down.

SMALL GROUP DISCUSSION:

Why is exercise beneficial?

Answer: The heart is a muscle. Exercising strengthens the heart and makes it more efficient. In other words, people who exercise consistently have lower resting heart rates which means that their hearts are not working as hard. You want your heart to beat for a long time. 80-90 years so exercise is beneficial to your heart.

What else besides your heart is working hard after exercise?

Answer: Your lungs. Your breathing rate has increased as well. Your heart and lungs work together. You probably already know that you breathe in oxygen and breathe out carbon dioxide. However, what you may not know is that the oxygen is being used by your cells to convert the food that you ate earlier today to change into energy. Every muscle cell requires more energy the more you exercise which is why your breathing rate increases.

Encourage students to develop an exercise plan. There are apps that could help with that process. Hold them accountable and ask them how it is going during appointments or building time.