Data Sheet (put the pulse and the fitness points in each box)

A. Standing Pulse Rate

Pulse Rate 1	Pulse Rate 2	Pulse Rate 3	Average pulse rate (bpm)

B. Reclining pulse rate:

Pulse Rate

C. Baroreceptor Reflex: Pulse Rate Change from Reclining to Standing

Pulse rate upon immediately standing	Difference in Pulse Rate (C –B)

D. Data for Endurance Test:

Time interval	Multiplier	Total beats per minute
0-15 seconds	**X4**	
16-30 seconds	**X4**	
31-60 seconds	**X2**	
61-90 seconds	**X2**	
91-120 seconds	**X2**	

E. Blood Pressure

Blood Pressure When Reclining:

Reclining systolic pressure_____ mm Hg

Reclining diastolic pressure _____ mm Hg

Blood Pressure When Standing:

Reclining systolic pressure_____ mm Hg

Reclining diastolic pressure _____ mm Hg

Fitness Rating

Test	Measurement	Points
A. Standing Pulse Rate	beats/min	
B. Reclining Pulse Rate	beats/min	
C. Baroreceptor reflex Pulse Rate increase on standing	beats/min	
D. Return of Pulse Rate to Standing after Exercise	seconds	
D. Pulse Rate increase immediately after exercise	beats/min	
Change in systolic pressure from reclining to standing	mm Hg	
	Total score	

Total Score	Relative Cardiac Fitness
18-17	Excellent
16-14	Good
13-8	Fair
7 or less	Poor

Questions

1. Would you expect a physically fit person to have a lower resting heart rate than an unfit person? Why or why not?

2. Explain why an athlete must exercise harder or longer to achieve a maximum heart rate than a person who is less physically fit?

3. What physiological benefit do you receive by increasing your heart rate during exercise?

4. What happens to blood pressure rates as we age? Why do they change?

5. Discuss your relative cardiac fitness. Describe the amount and intensity of cardiovascular exercise that you participate in. Is there a relationship between cardiovascular fitness, quality of life and life span?