

1. How many times does a child's heart beat in one minute?
2. How many times does an adult's heart beat in one minute?
3. Why does your heart beat faster when you run around?
4. What does your body need more of when you are active?
5. What causes your pulse?
6. Where are two good places to find your pulse?
7. How can you tell when you've found your pulse?
8. What makes each beat of your pulse happen?
9. What happens to your pulse rate when you exercise?