

# What is an average heart rate?

A child's heart usually beats faster than an adult's.

A healthy adult heart rate ranges from **60 to 100 beats per minute** at rest

A healthy child's heart rate can range from **60 beats per minute** while asleep to **220 beats per minute** during vigorous exercise

Let's check our own heart rate.



# What factors do we know that may influence heart rate?

## \*Age

- Activity level (sleeping, resting, exercising)
- Fitness level
- Air temperature
- Body position (standing up or lying down)
- Emotions and stress levels
- Body size
- Medications
- Food and drink
- Illness

## Heart rate challenges

Apply your heart rate knowledge and make a suggestion as to the possible heart rate under the following conditions?

1. A 4 year old child at rest (*around 100 bpm*)
2. The resting heartrate of an adult who is very fit (*anything from 40-60 bpm*)
3. The resting heartrate of an unfit adult (*85 bpm plus*)
4. The heartrate of a 10 or 11 year old after moderate exercise (*120-140 bpm – though it will vary*)
5. Whose heart might be beating at 125 bpm (*a new born at rest; a child doing moderate exercise; an adult doing vigorous exercise*)

Take your resting heart rate by measuring your pulse for 30 seconds and x2. You can do this on your wrist or on your neck. Make sure you rest in between!

Then try these activities and see how it changes your heart rate:

Lying down for two minutes,

1 minute of star jumps,

30 sit ups,

3 minutes of running on the spot,

15 minutes of reading sat down.