



## Check Your Heart Rate

Did you know that when a doctor listens to your heartbeat with a stethoscope, they are actually listening for two sounds? The first sound is a longer, lower pitched sound. The second is a shorter, higher pitched sound.



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The lower pitched sound is made by the closing of two heart valves when blood is flowing out of the heart. The higher pitched sound is made by two other valves when blood is flowing into the heart. When a person exercises or participates in any kind of physical activity, the heart beats faster in order to pump more blood and oxygen to the muscles that are being used. The closing of the heart valves makes a sound which causes the stretched balloon to vibrate. The vibrating balloon makes the air in the tube vibrate and the tube then carries these sound vibrations to your ear.

What you'll need:

- A balloon
- A piece of tubing
- 2 small funnels
- Scissors
- A timer
- Rubber band (optional)
- A calculator (optional)

For the full instructions please visit:

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