

**Aim:** Recording of heart rate

**REFERENCE:** 1. Physiological Parameters, Practical Human Anatomy And Physiology, S.R. Kale et al., Nirali Prakashan, Eight Edition, 2002, pp. 44

**Background:** Heart rate may be defined as the number of heartbeats per unit time, usually per minute. During the ventricular systole, heart size is reduced. At this time, the apex of the heart tenses and strikes against the thoracic valve. This is referred to as a heartbeat. It is measured with a stethoscope.

**Normal Values:**

- **Adult male:** 72 per minute. In adult females, it is slightly higher than in males.
- **Children:** 140 per minute

**Significance:** The examination of pulse rate is of great clinical importance as the condition of the heart can be found while examining the heart rate.

**REQUIREMENTS:** Stethoscope & Stop Clock.

**PROCEDURE:**

- 1) Allow the subject to sit or lie in a calm environment.
- 2) Place the stethoscope's chest piece against the subject's thoracic wall.
- 3) Record the heartbeat for 1 minute.

**REPORT:** The heart rate for a given subject was found to be \_\_\_\_\_