

**Prinzip:** Dieser Sensor kann zur Überwachung und zum Vergleich der Pulsraten unter verschiedenen Bedingungen dienen (Beispielsweise Trainings- und Ruhephasen).

**Versuchsaufbau mit VERNIER Hand-Grip Heart Rate Monitor Sensor:**



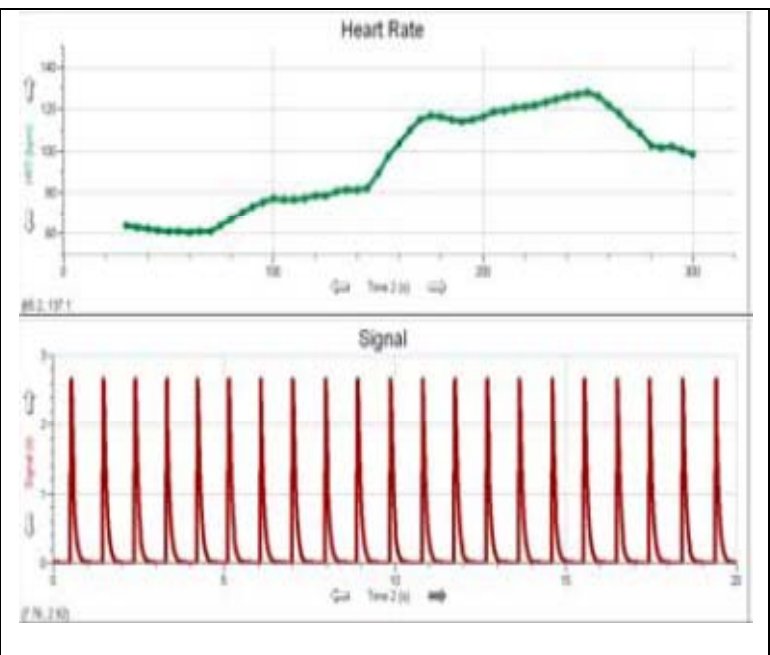
**Materialliste:**

**Geräte:**

- |  |                      |
|--|----------------------|
| 1 VERNIER Hand-Grip Heart Rate - Monitor Mit Empfänger | 1 z.B. Labquest Mini |
|  | 1 Laptop (XX)        |

**Suggested Experiments**

- Compare the heart rate of different individuals.
- Compare the heart rate of athletes and sedentary people.
- Monitor a person's heart rate before, during, and after a short period of vigorous activity (such as doing jumping jacks).
- Monitor how fast a person's heart rate returns to normal after exercise (recovery rate).
- Check for baroreceptor reflex; that is, changes in heart rate for a person when reclined, sitting, and standing caused by the need for the heart to pump blood to different levels.
- Check a person's heart rate before and after caffeine consumption.
- Check a person's heart rate before and after eating.
- Check your own heart rate at different times of the day.
- Monitor a person's heart rate as his or her breath is held.



**Literatur: ?????**