

4-H National Youth Science Day 2017

Incredible Wearables

How to Video:

<https://www.youtube.com/watch?v=aBL6jkBlii0>

Quick Facts

- Resting Heart Rate is generally between 60-100 beats per minute.
- Calculate Resting Heart Rate by taking pulse for 30 and then multiply by 2 (When working in groups have one person time while the other person counts beats)
- Exercise will raise heart rate
- If hands are cold, pulse oximeter may not read correctly
- Students may be familiar with oximeter from doctor appointments, it is the red glowing light that is briefly clipped on the finger when weight and height are checked
- Test to make sure you can connect to the device you intend to use for the event, this can save a great deal of time and frustration
- If you plan to repeat activity you may need:
 - Extra felt
 - Extra Velcro
 - Extra batteries
 - Do not try to remove Velcro from the back of the circuit boards as this may damage the unit

