

The Heart

Experiment:

To examine how hard the heart works.

Materials:

You will need:

- A plastic container that holds about 150ml,
- 2 basins,
- water,
- stop-watch.

Method:

1. With a friend to time you, use a beaker to try to bale water from one bowl to another, at 70 beakerfuls per minute.

Can you do it?:

If you can, how long can you keep bailing water at this rate? Your arm muscles soon get tired!

Find out more!

When you are at rest, each heart-beat sends about 150ml (1/3 pint) of blood into the arteries. In an average adult, this happens between 60 and 80 times each minute.

The heart is made from a special muscle called cardiac muscle. It keeps pumping for an entire lifetime without getting tired!