

Resting Heart Rate Procedure

1. No activity before taking RHR
2. No Beep test on the same day as RHR. Beep tests cause anxiety which raises RHR.
3. Check to see that samples are set for 5 second intervals.
4. Make sure all students have a good connection Higher Tighter Wetter before you start the procedure.
5. Use the yoga mats and blocks, sleeping bags, pillows, pajamas, or whatever makes the student comfortable to allow for more relaxation and ultimately sleep. Use soothing music if you wish or relaxation techniques such as deep slow breathes for a prescribed number.
6. Spread the students out as far away from each other as possible.
7. Have the students take their watches off their wrists and lay them face up beside their PRONE bodies. The student does not need to see the watch (constant looking by the student will not allow for a true RHR) after they have a good connection and steady reading. You are the only one that needs to see the watch. If you see they have lost connection, quietly inform them to restart their watch.
8. Have the students relax and try to fall asleep.
9. After a couple of minutes proceed to walk around the area checking each students RHR. Make a recording and continue this procedure for a **minimum** of 60 minutes.
10. Keep recording the lowest number you see for each student. You will see some go up and down. Remember to record the lowest number you see. After 60 minutes, wake the students and have them recall their samples for the lowest HR.
11. Please remember that the RHR and MHR are the basis of all our Major Assessment so take the procedure very seriously to allow for the best results.