

Instructor: print out one copy of this page for each student.

Name: _____

Baseline Heartbeat (calm, quiet setting with no music)

Trial	Beats per 20 seconds	X 3	Beats per minute
1			
2			
3			
4			
			Average:

Heavy Metal Heartbeat (listening to loud, aggressive music)

Trial	Beats per 20 seconds	X 3	Beats per minute
1			
2			
3			
4			
			Average:

Notes:

It is not necessary to complete four trials. Two or three should be enough unless your numbers seem inconsistent.

Average is calculated by totaling the beats per minute and dividing by the number of trials. For example, if the beats per minute were 72, 76, and 80, the average would be 76. ($72 + 76 + 80 = 228$. 228 divided by 3 is 76).

List of well-known Heavy Metal bands: AC/DC, Aerosmith, Def Leppard, Judas Priest, Kiss, Metallica, Motley Crue, Ozzy Osbourne