Heart rate variability quiz. This quiz assesses basic understanding of heart rate variability.

Question 1

When a person's heart is beating rapidly, the interval between beats will be shorter.

True (correct)

False

Question 2

Heart rate is measured using

beats per minute (BPM) (correct)

rMSSD

Question 3

Heart rate variability is the same as heart rate.

True

False (correct)

Question 4

As we inhale, our heart tends to beat more rapidly.

True (correct)

False

Question 5

As we exhale, our heart tends to beat more slowly.

True (correct)

False

Question 6

Heart rate variability (HRV) is measured using:

beats per minute (BPM)

rMSSD (correct)

Question 7

rMSSD is based on

the intervals of time between heart beats (correct)

the size of the electrical signal created by the heart.