TABLE OF CONTENT

[INTRODUCTION 1](#_Toc359779865)

[1.1 What is Heart Rate? 1](#_Toc359779866)

[1.1.2 Measurement of Heart Rate 2](#_Toc359779868)

[1.1.3 Measuring HRmax 3](#_Toc359779869)

[1.1.4 Formula for HRmax 3](#_Toc359779870)

[1.1.5 Why do you need to monitor your heart rate? 4](#_Toc359779871)

[1.1.6 Resting Heart Rate 4](#_Toc359779872)

[1.1.8 Understanding the Heart's Electrical System 5](#_Toc359779874)

[1.2 ABNORMALITIES OF HEART RATE 7](#_Toc359779876)

[1.2.1 Tachycardia 7](#_Toc359779878)

[1.2.2 Bradycardia 8](#_Toc359779880)

[1.2.3 Arrhythmia 9](#_Toc359779882)

[1.3 The Finger(s) 10](#_Toc359779883)

[1.3.1 Anatomy of the Human Fingers 11](#_Toc359779884)

[1.3.1.2 Muscles 13](#_Toc359779887)

[1.3.1.3 The Nerves 15](#_Toc359779892)

[CHAPTER 2 20](#_Toc359779896)

[MEASURING THE HEART RATE 20](#_Toc359779897)

[2.1 Overview 20](#_Toc359779898)

[2.1.1 ECG 20](#_Toc359779899)

[2.1.1.1 ECG Basic Operating Principle 21](#_Toc359779901)

[2.1.2 Pulse Oximeter 23](#_Toc359779903)

[CHAPTER 3 25](#_Toc359779906)

[DESIGN OF A DEVICE TO MEASURE HEART RATE FROM THE FINGER 25](#_Toc359779907)

[3.1 Overview 25](#_Toc359779908)

[3.2 Theory 26](#_Toc359779910)

[3.3 Sensor Assembly 26](#_Toc359779911)

[3.4 Circuit Diagram 27](#_Toc359779913)

[3.5 Microcontroller and Display Circuit 28](#_Toc359779915)

[CHAPTER 4 30](#_Toc359779917)

[THE HARDWARE 30](#_Toc359779918)

[4.1 Overview 30](#_Toc359779919)

[4.2 Sensor 30](#_Toc359779920)

[4.2.1 Sensor Output Values 30](#_Toc359779921)

[4.3 Infared Led 31](#_Toc359779923)

4.4 Potantiometer…………………………………………………………………………………………………………. 32

[4.4.1 How It Works 33](#_Toc359779925)

[4.5 Rheostats 33](#_Toc359779926)

[4.6 Resistance 34](#_Toc359779928)

[4.7 Photodiode 35](#_Toc359779929)

[4.8 Operational Amplifiers 36](#_Toc359779931)

[4.9 The Ready for PIC KIT Wıth Microcontroller Development System 38](#_Toc359779936)

[4.9.1 Peripheral Interface Controllers (PIC) 39](#_Toc359779938)

[4.9.1.1 Outter screw holes 40](#_Toc359779941)

[4.9.1.2 IDC10 PORT headers 41](#_Toc359779943)

[4.9.1.3 IDC10 PORT headers 41](#_Toc359779945)

[4.9.1.3 Central Processor Unit (CPU) 45](#_Toc359779978)

[4.9.1.5 USART or UART 49](#_Toc359779984)

[4.9.1.6 STACK 49](#_Toc359779985)

[4.9.1.7 Input/output ports (I/O Ports) 50](#_Toc359779990)

[4.9.1.8 Oscillator 51](#_Toc359779991)

[4.9.1.9 Timers/Counters 51](#_Toc359779992)

[4.9.1.10 Power Supply Circuit 52](#_Toc359779994)

[4.10 The LCD 55](#_Toc359780005)

[4.11 The Probe 55](#_Toc359780006)

CHAPPTER 5 ………………………………………………………………………………………………………………….57

[THE SOFTWARE 57](#_Toc359780008)

5.1 Oweview…………………………………………………………………………………………………................... 57

5.2 The Software……………………………………………………………………………………………………………..57

CHAPTER 6………………………………………………………………………………………………………………….. 61

APPLICATIONS……………………………………………………………………………………………………………. 61

CONCULUSIONS…..………………………………………………………………………………………………………….. 67

REFERENCES……………………………………………………………………………………………………………………. 68

APPENDIX…..…………………………………………………………………………………………………………………… 69