Name: \_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_ Date: \_\_\_\_\_\_

**Directions Section 1:** The picture below shows how to take your radial pulse. Circle the fingers you should use to feel the pulse (Krammever, 1999).

****We can also find our pulse at the carotid artery. Where do we locate this pulse point?

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Resting Heart Rate (**RHR**): the number of times your heart beats per minute while that person is in a complete stage of rest or relaxation. It is best to calculate RHR in the morning before getting out of bed. We calculate **RHR** by counting the beats of our pulse for one minute or counting for 10 seconds and multiply by 6. Please calculate your **RHR**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Maximum Heart Rate (**MHR**): “is the highest number of times your heart can contract in one minute. This can be reached when you exercise at your maximum effort” (Krammever, 1999).

Calculations: 220- (your age) \_\_\_\_\_\_\_= (MHR) \_\_\_\_\_\_\_

4. Target Heart Rate (**THR**): THR is the optimal level of intensity a person should be working out in. It enables a person to make sure they are not working out at a level of intensity too high or too low. 50-85% of your maximum heart rate is considered your target heart rate. (MHR)\_\_\_\_\_\_ x 0.50 =\_\_\_\_\_\_\_\_\_

(MHR)\_\_\_\_\_ x .85 = \_\_\_\_\_\_\_. The two sums that were found should give you a range of which indicate your own personal **THR**.

**Directions Section 2:** Groups 2 and 4 should take their heart rate manually when the music stops. Groups 1 and 3 should take their heart rate with the polar heart rate monitor or the heart rate baton after the music stops. Once you have an accurate reading please record your heart rate data in the table below labeled Heart Rate.

**Heart Rate**

|  |  |  |  |
| --- | --- | --- | --- |
| **Station** | **Physical Activity** | **Heart Rate (manually)** | **Heart Rate****(using device)** |
| 1 | Sitting down in your squad lines |  |  |
| 1 | Standing |  |  |
| 2 | Walking |  |  |
| 3 | Line Jumps |  |  |
| 4 | Shuttle run |  |  |
| 5 | Jumping jacks |  |  |
| 6 | Jump rope  |  |  |

**Directions:** Use the data you collected from your table to create a graph below.

1. What activity were you doing when your heart beat the fastest?
2. During the recovery time what happened to your heart rate?
3. Could you tell when your heart rate was in the target heart rate zone? What activity was it? Could you tell when your heart rate was in the maximum heart rate zone? What activity was it?
4. How could you use the information we learned today outside of school?
5. Could you tell when your heart beat fell below your target heart rate zone? What does this imply?

**Directions Section 3**: Heart Rate Goal: Over the remainder of the 9 weeks we will be doing fitness twice a week. It is important that every student strive to be within their target heart rate range. Please write down your own personal heart rate goal. This goal should reflect your moderate to vigorous activity level. Each week you will record your heart rate during our fitness units and reflect on whether you met your goal. **Week 3 Heart Rate Goal: \_\_\_\_\_\_\_\_\_\_\_\_BPM**