

HEART RATE MONITOR LAB

LESSON #2 Hand In

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MY TARGET HEART RATE (from previous worksheet): 144 bpm - 175 bpm.

Find a partner. With that partner, send one person up to grab one heart rate monitor while the other partner finds a space in the room. You will need one pen or pencil between the two of you.

The first partner should put the heart rate monitor on. You will go through **all activities** on this page before passing the monitor on to the next partner.

RESTING HEART RATE:

To determine your resting heart rate, have one partner lie on the ground for two minutes, after the two minutes, use the heart rate monitor to calculate and record your resting heart rate.

My resting heart rate is: 64

MY HEART RATE DURING EXERCISE:

Now have the same partner complete 25 sit ups. Once finished, use the heart rate monitor to calculate and record your heart rate.

My heart rate after 25 sit-ups is 68

Now have the same partner complete 1 minute of jumping jacks. Once finished, use the heart rate monitor to calculate and record your heart rate.

My heart rate after 1 minute of jumping jacks is 78.

OBSERVATIONS & CONCLUSIONS:

What did you notice about your heart rate after each exercise?

I noticed that 1m of jumping jacks gave 10 more b/s than 25 sit-ups.

Did one activity raise your heart rate more than another? Explain why you think this happened?

The 1m of jumping jacks raised my heart rate more than the 25 sit-ups. I think jumping jacks give a higher heart rate because they are a quicker, full-body exercise based on heart rate.

How long would you have to maintain this activity level in order to benefit your cardiovascular health?

≈2m

IS MY HEART HEALTHY? REFLECTION

WHAT DO I ALREADY DO?

Think about your current lifestyle, make a list of the activities you currently do that improve your cardiovascular health (minimum 15 minutes, within target heart rate, at least 3 times per week)

- swimming _____
- running _____
- sports conditioning / strength _____

MY GOALS:

Use the space below to record either what you currently do, or to set a goal for yourself. How do you plan to make a commitment to the FITT principle and your own cardiovascular health?

FREQUENCY: I plan to commit myself to this activity minimum 6 times per week.

INTENSITY: I will train within the target heart rate zone of 144 bpm to 175 bpm.

TYPE: The activity that I will participate in is swimming & running

(must be related to cardiovascular endurance – see first handout)

TIME: I will continue the listed exercise for 60 to 120 minutes.



***Remember - TIME, not distance or speed, IS THE KEY COMPONENT!!**

