

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: 40bpm

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 68bpm

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 76bpm.

OBSERVATIONS & CONCLUSIONS:

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

That is usually goes up and beats harder when I excersize. So it seems like it's pumping more blood at a faster rate.

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

The jumping jacks raised my heart rate more I think because I has jumping up and down for a minute, but for the sit-ups, it uses less energy

because you are on in the ground and all you need to do is to use your core and pull yourself up and then gentilly drop yourself to the ground. Whereas jumping jacks make you use your whole body to jump up and swing your arms, so you are working more muscles than you would with sit-ups.

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

**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)

Running up and down the street.

Participating in gym class

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 3-4 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 maximum

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

TIME: I will continue the listed exercise for 15 to 30 minutes.



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

