Name_____ **Course**_____

Heart Rate Activity Worksheet

Part I- Calculate your Heart Rate .

Heart rate or pulse is very useful to know how our heart works. It's also useful to know the intensity of our exercise, and that is why we should observe/monitor our heart rate time to time. Take your pulse:

- In 1 minute: _____ beats per minute
- In 6'' and multiplied by 10: ____ X 10=___ b/m

Calculate your **Resting Heart Rate (RHR)** The RHR should be taken first thing in the morning upon waking and before getting out of bed.

Pulse rate (in 6 seconds)_____X 10 =_____beats per min **(b.p.m)**

Calculate your estimated **Maximal Heart Rate (MHR)** (220 – Age = MHR) Remember that your maximum heart rate is the 100% of intensity.

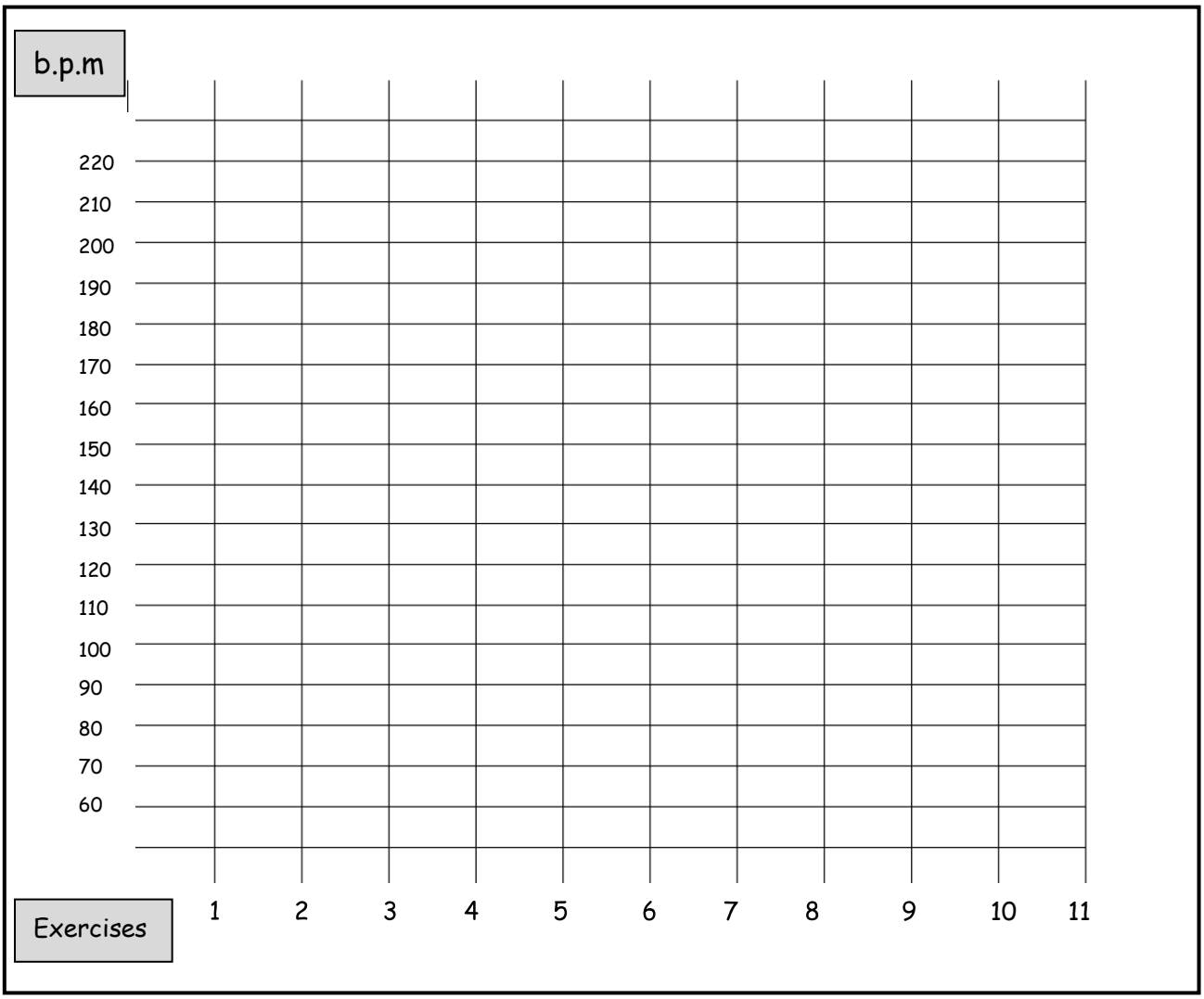
220 -_____=_____b.p.m.

Part II- Perform the following activities and write down your Heart Rate response

Perform each activity: Take your heart rate at the end of each activity. Use your **carotid** or **radial** artery and count the beats for 6 seconds. Add 0 to the number that you count.

Activity	***Heart Rate (6 seconds) X 10 = beats per minute***
1. ***Resting HR***	_____
2. ***Medium Paced Walk (2´)***	_____
3. **Jogging (2´)**	_____
4. **Going up & down stairs (walking 2´)**	_____
5. **Stretching quadriceps & calf muscles (1´)**	_____
6. **Jumping rope (2´)**	_____
7. **30 sit ups**	_____
8. **Resting (1´)**	_____
9. **Running (4´)**	_____
10. **Hard Sprint (20 meters)**	_____
11. **Post-Workout Stretching (3-5´)**	_____

Write in the graph your heart rate after doing the proposed exercises and color in **green** the exercise zone between 60 - 80% of the MHR, **red** more than 80% and **yellow** below 60 %.



1. **What is your Resting Heart Rate?**

2. **Which activities during the class produced the lowest Heart Rates? Why do you think this is the reason?**

3. **Which activities during the class produced the highest Heart Rates? Why do you think this is the reason? What could you do to reduce your Heart Rate during these exercises?**

4. **Which activities got you between the 60-80%?**