

Heart Rate Activity Lesson

Lesson Title: "Get Paid as a Personal Trainer"

Grade Level: 8-12

Goals:

- To provide the students with an opportunity to explore the job market as a personal trainer.
- Demonstrate knowledge of exercise activities
- Communicate with peers and show cooperation through verbal and nonverbal behavior
- Interpret heart rate data of a peer and apply appropriate exercises and adaptations to remain within target zones

Activity:

The Teacher will lead a discussion on the rise of personal trainers in our society. The talk will also focus on the different types of jobs that personal trainers can find. The main focus of the lesson is for the students to demonstrate the ability to design and implement a "perfect" workout that incorporates the three (warm-up, work-out, and cool-down) components of a workout. Every stage will be based on the student's heart rate.

Method:

After the discussion the students will organize themselves into groups of 2-3 students. They will pick one student to be the exerciser and the remaining students will be the personal trainers who are working for the day. The job of the trainers is to take the client progressively through the components of a proper workout following the description provided by the teacher. The pre-determined phases are as follows:

Component	Time	HRZONE
WARM-UP	3-4 MINUTES	100-140 BPM (zones 1-2)
WORKOUT	7-8 MINUTES	140-200 BPM (zones 3-5)
COOL DOWN	3-4MINUTES	100-140 BPM (zones 1-2)

Reflection:

At the conclusion of the workout, save the lesson to Polar GoFit. Review the class average from the "List View". Also discuss the time in the target zone, average heart rate, and max heart rate. The grading for today will be based off of the class average.

Notes:

Throughout the lesson it is very important to monitor each group. It may be necessary to remind them or provide them with some tips to cool down the heart rate of their client. Students may use any piece of cardio equipment available to them or be creative and utilize something unique (steps within range of iPad etc).

Lesson Provided by: Ted Nagengast