

# Understanding Heart Rate- Lesson 1

Name: \_\_\_\_\_

HR: \_\_\_\_\_

1. Check the box when you have completed the following

- Keep your heart rate at 100 bpm (Grey) for 2 minutes
- Keep your heart rate at 120 bpm (Blue) for 2 minutes
- Keep your heart rate at 140 bpm (Green) for 2 minutes
- Keep your heart rate at 160 bpm (Orange) for 2 minute
- Try to raise your heart rate past 180 bpm (Red) for 30 seconds

At what point did you begin to breathe harder? \_\_\_\_\_

At what point did you begin to sweat? \_\_\_\_\_

At what point did you begin to feel tired? \_\_\_\_\_

At what point did you sweat hard? \_\_\_\_\_

2. Record your heart rate after completing each station

1- \_\_\_\_\_       2- \_\_\_\_\_       3- \_\_\_\_\_

4- \_\_\_\_\_       5- \_\_\_\_\_       6- \_\_\_\_\_

7- \_\_\_\_\_       8- \_\_\_\_\_       9- \_\_\_\_\_

10- \_\_\_\_\_       11- \_\_\_\_\_       12- \_\_\_\_\_

13- \_\_\_\_\_       14- \_\_\_\_\_       15- \_\_\_\_\_

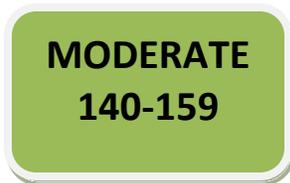
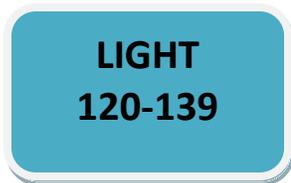
3. Why is it important to know what Heart Rate Zone we are exercising in?

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NAME: \_\_\_\_\_

DATE: \_\_\_\_\_ HR: \_\_\_\_\_

### Resting Heart Rate- Lesson 2

4. Lay down and breathe deeply for 3 minutes. Try not to move or even speak. The most accurate reading for a resting heart rate is while sleeping.

Resting Heart Rate \_\_\_\_\_

5. Take your resting heart rate and determine how many times your heart will pump in
- a. 1 hour \_\_\_\_\_
  - b. In a school day (8 hours) \_\_\_\_\_
  - c. In a full day \_\_\_\_\_
  - d. In a week \_\_\_\_\_
  - e. In a year \_\_\_\_\_
6. If you were to lower your resting heart rate by 10 beats per minute, how many fewer beats would there be in...
- a. 1 hour \_\_\_\_\_
  - b. In a school day (8 hours) \_\_\_\_\_
  - c. In a full day \_\_\_\_\_
  - d. In a week \_\_\_\_\_
  - e. In a year \_\_\_\_\_
7. A strong heart will pump MORE or LESS blood with each pump than a weaker heart.
8. A strong heart will pump MORE or LESS times than a weaker heart in a minute.

### Recovery Time

9. Jog in place and raise your heart rate to a moderate zone (GREEN 140-160) and keep it there for 2 minutes.

10. Stop lay down and time how long it takes for your heart to return to the resting heart rate

Recovery time \_\_\_\_\_

11. Raise your heart rate to a vigorous zone (ORANGE 160-180) and keep it there for 2 minutes.

12. Stop lay down and time how long it takes for your heart to return to the resting heart rate

Recovery time \_\_\_\_\_

13. A strong heart will return to a resting heart rate FASTER or SLOWER than a weak heart

**Lesson Provided by: Jeff Zimmerman- Pioneer Trail Middle School, Olathe School District, Kansas**