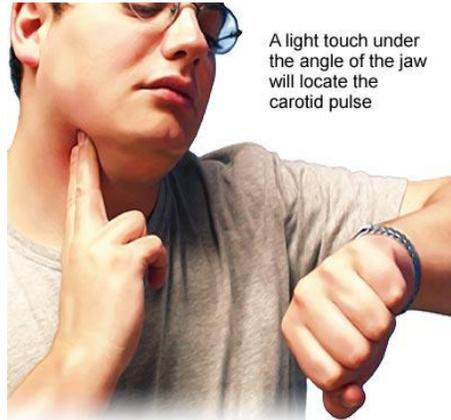


Target Heart Rate Lab

Name: _____

Date: _____

Your **TARGET HEART RATE** is the rate at which you should work to benefit your Cardio-vascular system. It should be between 60% and 85% of your maximum heart rate. Since all of us are at different levels of fitness, it makes sense that we will not all reach our TARGET HEART RATE with the same intensity of exercise.



A light touch under the angle of the jaw will locate the carotid pulse

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Determining your training zone:

a) Determine your maximal heart rate (MHR)

$220 - \text{your age} = \text{MHR}$ e.g. age 17

$$\text{MHR} = 220 - 17$$

$$\text{MHR} = 203 \text{ Beats Per Minute (BPM)}$$

Now calculate your MHR:

$$220 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

b) To calculate your training zone (between 60% – 85% of your MHR)

60% is - $0.60 \times \text{MHR}$

$$\text{e.g. } 0.60 \times 203 \text{ Beats Per Minute (BPM)} \\ = 120 \text{ BPM}$$

Now calculate 60% of your MHR

$$.60 \times \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

85% is - $0.85 \times \text{MHR}$

$$\text{e.g. } 0.85 \times 203 \text{ BPM} \\ = 171 \text{ BPM}$$

Now calculate 85% of your MHR

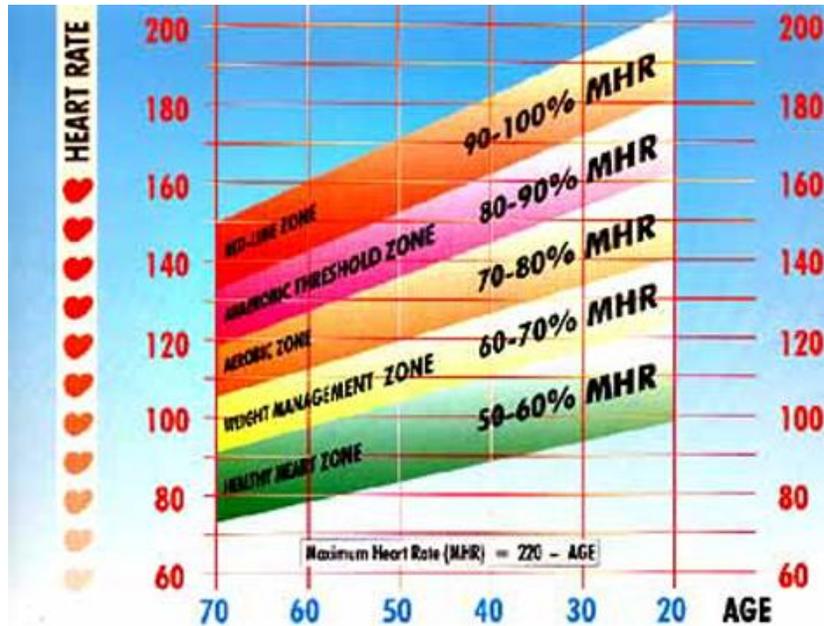
$$.85 \times \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

Your heart rate for training should be between 120 – 171 BPM.

Activity:

Your MHR = _____

Your Target Heart Rate is: 60% _____ 85% _____



Perform the following tasks as instructed by your teacher. After each activity take a TEN SECOND HEART RATE check and multiply by 6 to find your BPM.

Activity	10 sec heart rate	Beats Per Minute (HRx6)
1. RESTING HEART RATE	_____	_____
2. STANDING	_____	_____
3. NORMAL WALKING (200 meters)	_____	_____
4. POWER WALKING (200 meters)	_____	_____
5. MODERATE JOG (200 meters)	_____	_____
6. SPRINT (200 meters)	_____	_____

Now you should be aware of the level of intensity that is desirable for a good Cardio-Vascular workout. You should also be aware, however, that about 20 % of the population, target heart rate monitoring may not be effective. These individuals should listen to their bodies and attempt to determine their degree of perceived exertion.

Line Graph:

On the graph paper provided you are to create a double line graph using the results you have collected from your heart rate lab. Plot your 10 sec. Heart Rate results **and** your Beats Per Minute results. You must label your graph and correctly label your X and Y Axis. Make sure to include a legend.

Questions:

1. Which activities were below your target heart rate?

2. Which activities exceeded your target heart rate?

3. Why is training at your target heart rate important?

4. Why is it important that your heart rate return to resting levels as quickly as possible?

5. Using the results from your heart rate lab, what is the connection between your beats per minute and the activity performed?

6. Do you participate in any activities outside of Phys. Ed. class that would have an impact on your heart rate lab results? What could you do on your own time to help improve your results?
