

Mt. Eden High School



P.E Make-up #5

Name: _____

Period: _____

Roll # _____

Teacher: _____

F. I. T

IMPORTANT INFO: Your heart is like the engine of your body. Your body will be fit only if your heart is strong and healthy. Sounds good, right? Only question is – how do you know if the activities you do are making your heart stronger and healthier? Like any other muscle in your body, your heart (which is muscle) needs to be exercised. You know your heart is being exercised when it is beating harder than it normally does. Besides a pretty girl or boy, a scary movie, or final exams at school, what could possibly get your heart to beat harder? You guessed it (you clever student)... EXERCISE! Specifically cardiovascular or aerobic exercise improves the heart muscle.

Cardiovascular or aerobic exercise must have 3 important elements. They are the following:

1. **FREQUENCY- refers to the number of days in a week that you exercise.** To make your heart truly fit, you need to exercise 3 to 5 days a week. (7 days is a bad idea as you must let your body rest & recover)
2. **TIME-refers to how long (in minutes) you exercise.** Again, to truly make your heart a healthy one, you need to exercise at least 15 to 30 minutes at a time. The longer you exercise (without getting totally wiped out and collapsing) the stronger your heart will get. And (believe it or not) exercise will become easier to do as your heart becomes accustomed to the extra work load.
3. **INTENSITY- refers to how hard your heart is actually beating.** In other words, the number of beats it pounds out in a minute. Therefore, if you just kind of stroll around the block for 20 minutes and your heart rate is not elevated, you are not conditioning your heart. Your heart rate must elevate to approximately 145 to 180 beats per minute (this average for junior high school students).

*Read the following story about "Freddie Fitness" & answer the questions below:

Freddie fitness has decided that the time for him to get into shape has come. Since he knows that the most important part of a fitness program aerobic (or cardiovascular) training, he set up the following program. He is going to run 2 days a week for 15 minutes at a time and another day a week he will ride his bike for 15 minutes. He will stop once during his workout to take his pulse to make sure it rises to range of 130-160 beats per minute.

1. What is the intensity of Freddie's workout? _____
2. How much time (or how long) will Freddie exercise for, each day that he exercises? _____
3. What is the frequency of Freddie's workout? _____
4. Name the three types of aerobic activities Freddie could do OTHER than the two already mentioned?

Aerobic activity: Do 3 days of 15 minutes aerobic activity

	<u>DATE</u>	<u>ACTIVITY</u>	<u>TIME</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

PARENT SIGNATURE: _____ DATE: _____