

NAME: _____

MOD: _____

DATE: _____

HEART RATE OUTLINE**HEART RATE (HR):**

- Helps determine your cardiovascular (*heart and lung*) endurance level.
- Measured by finding pulse using index and middle fingers (NO THUMBS!) in one of these three areas:

1:**2:****3:****MAXIMUM HR (MHR):**

- The maximum number of beats your heart can make in 1 minute.
- Can be calculated using the following formula: (*Calculate your maximum heart rate using the chart below*)

MAX HR FORMULA:	MY MAX HR:
220	220
- <u>YOUR AGE</u>	- _____
= YOUR MAX HR	= _____

RESTING HR (RHR):**MY RESTING HEART RATE =** _____

- How many times your heart beats per minute while your body is at rest.
- Your *TRUE* RHR is when you first wake up in the morning, before any movement.
- Lower Resting HR indicates a higher level of personal fitness.
- Professional athletes would have a very low RHR, while non-active people would have a higher RHR

WORKING HR (WHR):**MY WORKING HEART RATE =** _____

- How many times your heart beats per minute while your body is exercising.
- Exercise increases the number of times your heart must beat per minute.

REFLECT: Use the data you learned about your heart rates above to explain your answers to the following questions:

1. Evaluate your RHR: Do you think you have a healthy fitness level? Why or why not?
2. What can you do to improve your fitness level?
3. Explain why your heart rate increases as you exercise.