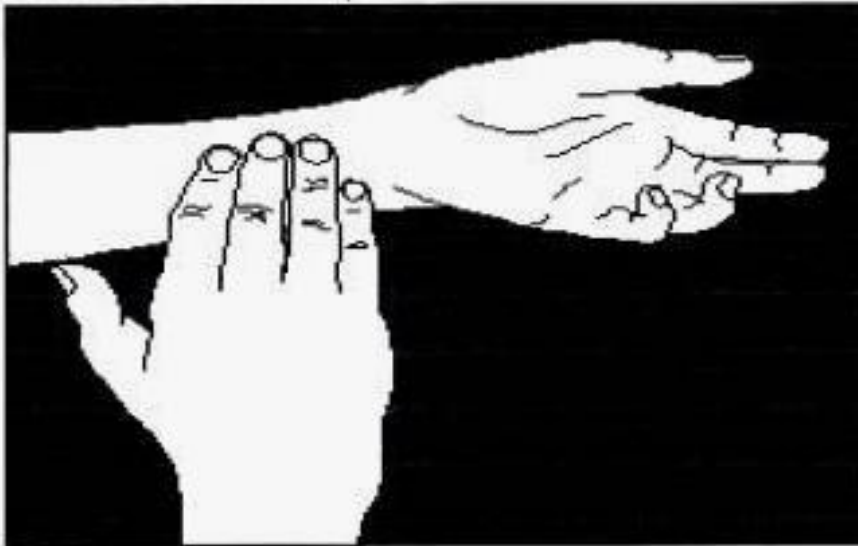


## Physical Fitness Worksheet

### Pulse Points

The picture below shows how to take your radial pulse. Circle the fingers you should use to "feel" the pulse.



We can also find our pulse at the carotid artery. Where do we locate this pulse point? \_\_\_\_\_

### Heart Rates

Your maximum heart rate is the highest number of times your heart can contract in one minute. This can be reached at maximum effort. This number changes with age.

Calculate your maximum heart rate (MHR) and your target heart rate zone:

$$220 - \frac{\quad}{(\text{your age})} = \frac{\quad}{\text{MHR}}$$

$$\text{MHR} \times .70 = \frac{\quad}{(70\%)}$$

$$\text{MHR} \times .85 = \frac{\quad}{(85\%)}$$

My Maximum Heart Rate (MHR) is:


\_\_\_\_\_ beats per minute.

My Target Heart Rate Zone is:

\_\_\_\_\_ beats per  
(70 - 85%)



So now that you know how to check your heart rate, let's practice. Perform each activity for 15 seconds, 30 seconds, and 1 minute. Rest a minute or two in between each activity and time period. After each time period, measure your heart rate and record that number in the chart below. Then answer the questions.



<b>Heart Rate Data Table</b>			
<b>Activity</b>	<b>15 seconds</b>	<b>30 seconds</b>	<b>1 minute</b>
Playing video games or typing on the computer			
Walking in place			
Jogging in place			
Reading a book			
Jumping jacks			

1. Which activity made your heart beat the fastest?
2. Which activity made your heart beat the slowest?
3. Which activity do you think is the healthiest for your heart? Why?
4. What did you learn from this exercise?