



## **AEROBIC FITNESS WORKSHEET**

Name \_\_\_\_\_ Date \_\_\_\_\_

The purpose of today's lesson is to increase and decrease intensity (how hard you work, depending on how fast or slow you move) and find out what that does to heart rate.

Review: resting heart rate, training heart rate, maximum heart rate, aerobic fitness, and frequency, intensity, time, and type (FITT)

My current target heart rate is \_\_\_\_\_ to \_\_\_\_\_ beats per minute.

Record your heart rate after the following activities:

After warm-up activities \_\_\_\_\_

After walking once around the track (400 meters) \_\_\_\_\_

After jogging once around the track (400 meters) \_\_\_\_\_

After running one straightaway (100 meters) \_\_\_\_\_

How does intensity (how fast or slow you run) affect heart rate?

### **Goal**

For the next two laps you have the choice of walking, jogging, or running. Do what is appropriate for yourself. Your goal is to try to stay within your target heart rate. Check after each lap.

Lap 1 \_\_\_\_\_

Lap 2 \_\_\_\_\_

What level of effort does it take for you to work at your target heart rate? Place a check by the box that best describes the answer.

\_\_\_\_\_ I can jog fast and maintain that pace for two laps.

\_\_\_\_\_ I can jog slowly and maintain that pace for two laps.

\_\_\_\_\_ I can jog some and walk some to maintain my target heart rate for two laps.

\_\_\_\_\_ I can walk fast to maintain my target heart rate for two laps.

In thinking of your personal health and fitness goals, answer the following questions.

1. How did your heart rate react to each of the activities?
2. Which activity was the most intense and why?
3. Which activity was the least intense and why?
4. Which activity would help you the most in increasing your level of aerobic fitness and why?
5. When you are developing your personal health and fitness plan, how will you use the concept of intensity in planning physical activities?