



AEROBIC FITNESS: HOW MUCH ACTIVITY IS ENOUGH?

Name _____ Date _____

Objective: To apply the FITT guidelines to aerobic fitness activities.

Procedure:

Part 1—First you will need to find your resting heart rate. Then use two methods to calculate your target heart rate zone. Record your work on the following charts.

Part 2—Determine what you will need to do to practice exercising within your target heart rate zone.

Part 3—Determine what it would take to expend 200 calories while exercising in your target heart rate zone.

Part 1—Calculating Target Heart Rate Zone

1. My resting heart rate: _____ beats per minute (bpm)					
(a) Heart rate reserve method			(b) Percent of maximal heart rate method		
Threshold heart rate			Threshold heart rate		
Step 1	208		Step 1	208	
	– _____	(.70 × your age)		– _____	(.70 × your age)
	= _____	(maximal heart rate)		= _____	(maximal heart rate)
Step 2	– _____	(resting heart rate)	Step 2	× .60	(threshold percent)
	= _____	(heart rate reserve)		= _____	(threshold heart rate)
Step 3	× .50	(threshold percent)			
	_____	(50% of range)			
	+ _____	(resting heart rate)			
	= _____	(threshold heart rate)			
	_____	(lower heart rate)			
Target ceiling rate			Target ceiling rate		
Step 1	208		Step 1	208	
	– _____	(.70 × your age)		– _____	(.70 × your age)
	= _____	(maximal heart rate)		= _____	(maximal heart rate)
Step 2	– _____	(resting heart rate)	Step 2	× .90	(target ceiling percent)
	= _____	(heart rate reserve)		= _____	(target ceiling heart rate)
Step 3	× .85	(target ceiling percent)			
	= _____	(85% of range)			
	+ _____	(resting heart rate)			
	= _____	(target ceiling heart rate)			
	_____	(higher heart rate)			
Target heart rate zone _____ to _____ beats per minute			Target heart rate zone _____ to _____ beats per minute		

Activity 10.3 Aerobic Fitness: How Much Activity Is Enough?

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics). Adapted, by permission, from C. Corbin and R. Lindsey, 2004, *Fitness for life*, 5th ed. (Champaign, IL: Human Kinetics).

(continued)

AEROBIC FITNESS: HOW MUCH ACTIVITY IS ENOUGH? *(continued)*

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Part 2—Walking and Jogging

One-minute heart rate after five-minute walk: _____ bpm		
Did you meet your heart rate threshold of training?	_____ Yes	_____ No
Did your heart rate exceed the target ceiling heart rate?	_____ Yes	_____ No
One-minute heart rate after five-minute jog: _____ bpm		
Did you meet your heart rate threshold of training?	_____ Yes	_____ No
Did your heart rate exceed the target ceiling heart rate?	_____ Yes	_____ No

Part 3—Additional Activity

Describe the activity or activities chosen.

Activity heart rate count 1: _____ bpm

Activity heart rate count 2: _____ bpm

1. Were you able to reach your target heart rate during your chosen activity? _____ Yes _____ No
2. If you answered no, how could you change your activity level to reach your target heart rate?

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