



HEARTBEAT STATIONS SCORESHEET

Name _____ Date _____

You will participate in a variety of activities to understand how physical activity at varying intensity levels influences your heart rate and how you perceive the intensity of the activity.

First, rate the activity that follows based on your prediction of difficulty of each activity. Now do the activities for two minutes. Then take a six-second pulse, add a 0 to the end of your pulse, and record in the appropriate column. Use heart rate monitors if they are available.

Activity	Predicted heart rate range	Actual heart rate six-second heart rate + 0 added on at the end
Walking through cones		
Rope jumping		
Jogging around gym		
Dribbling a soccer ball		
Running the agility ladder		
Figure 8 basketball drill		