

Fitness Homework - Math connection

Name _____ Date _____ Class _____

In Physical Education class, we learned how to calculate a target heart rate range. For homework, your assignment is to use **YOUR AGE**, and **YOUR RESTING HEART RATE** to calculate a **PERSONAL** target heart rate range. Then answer the questions and have your parent/guardian sign your work. Remember to keep your decimal points lined up.

Calculating YOUR Target Heart Rate Range

Purpose: To identify a PERSONAL target heart rate zone; which is a safe and comfortable level at which to perform physical activities.

Procedure: Study the example provided before completing this activity

	EXAMPLE	FOR YOU	
		LOWER LIMIT	UPPER LIMIT
Start with 220	220	220	220
Subtract your age	-20	- _____	- _____
	200	= _____	= _____
Equals Maximum Heart Rate (MHR) Maximum times heart should beat/min.			
Subtract YOUR Resting Heart Rate	-70	- _____	- _____
	130	= _____	= _____
Multiply by: 60% - Lower Limit 80% - Upper Limit	x .60	x .60	x .80
	78.00	= _____	= _____
Add Resting Heart Rate	+ 70.00	+ _____	+ _____
	158		
Equals Target Heart Rate (THR)	Beats per minute	Beats per minute	Beats per minute
YOUR THR			

1. What does it mean if your heart rate is not within your target heart rate range when you are done exercising or participating in a physical activity?

2. What should you do if you take your pulse (heart rate) during activity and it is above your target heart rate range? **WHY?**

3. What should you do if you take your pulse (heart rate) during activity and it is below your target heart rate range? **WHY?**

Parent/Guardian Signature Required: _____