



# PE/Health Virtual Learning

## 6th/PE Health Resting Heart Rate and Borg RPE Scale

May 18th, 2020



6th/PE/Health  
Lesson: [May 18th, 2020]

**Objective/Learning Target:**

LT5- I can actively, consistently participate in unit activities

**NASPE Standard:**

Defines resting heart rate and describes its relationship to aerobic fitness and the Borg rating of perceived exertion (RPE) scale. (S3.M13.6)



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# Objective:

Students will be able to define resting heart rate, and be able to identify which level on the Borg RPE Scale correlates to their aerobic levels.



Essential Question:

How do I find resting heart rate and how do I use the Borg RPE Scale?



## Resources used in this lesson:

- You will need a pencil and piece of paper.
- You will need the chromebook you checked out from school or a computer at home to practice this lesson.
- You will need to be outside of your house such as the park, your driveway, track, or a field to perform your workout.
- You will need comfortable clothes to be able to workout in.
- You will need a stopwatch, regular watch, or phone timer set for 10 seconds.



# Practice: Resting Heart Rate

What is resting heart rate? Resting heart rate is exactly what it sounds like: What your heart rate is when resting. The best time to find your resting heart rate is right when you wake up in the morning, or when you are sitting down watching tv. Think of when “your body is at rest.”

How do I find my resting heart rate? One way to find your resting heart rate is by holding your first two fingers (index and middle) on your carotid artery, like this photo:





# Practice: Resting Heart Rate Continued

You should feel your pulse on this artery (directly under your jaw bone). One you have found your pulse this is where your timer comes in handy. You are going to count how many times you feel your pulse in that 10 seconds.

So.... find pulse with two fingers..... Count how many pulses you feel in that 10 seconds with your timer.

Now, take that number and multiply by 6. We do this because we need to find our resting heart rate in beats per minute. (1 minute =60 seconds,  $10 \times 6 = 60$ )

So.... find pulse with two fingers..... Count how many pulses you feel in that 10 seconds with your timer..... Multiply that number by 6... AND that is your resting heart rate! Now find yours and write it down on your paper!



# Practice: Resting Heart Rate Example

Need help?

For example: I had 11 pulses/beats in 10 seconds. I take  $11 \times 6 = 66$ .

So..... I write it like this **66 bpm** (beats per minute).

Now we are going to find our heart rate after different activities AND be able to use our Borg RPE Scale to determine whether the activity level was easy or hard!





## Practice: Warm-up

The warm-up for this lesson will be a 7 minute dynamic warm-up. You need to make sure your muscles are warm before exercising them in order to prevent an injury or the potential of tearing a cold muscle! Click on the video below to start your warm-up.

[Warm-up](#)

Take your pulse after your warm-up and write your heart rate in beats per minute (example: 66 bpm)



## Practice: Heart Rate Activity

Perform the following activities and take your heart rate as soon as you complete the activity.

5 min fast walk (find heart rate and write)

5 min jog (find heart rate and write)

10 push-ups (find heart rate and write)

20 jumping jacks (find heart rate and write)



# Borg RPE Scale

The Borg Rate of Perceived Exertion Scale is how hard you perform an exercise and how it makes you feel. For example, doing 20 burpees might really exhaust me, so for me I would label this as an 8 on the scale.

Here is a video explanation:

[Borg RPE Scale](#)

RPE Scale	Rate of Perceived Exertion
10	<b>Max Effort Activity</b> Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	<b>Very Hard Activity</b> Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.
7-8	<b>Vigorous Activity</b> Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	<b>Moderate Activity</b> Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	<b>Light Activity</b> Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	<b>Very Light Activity</b> Hardly any exertion, but more than sleeping, watching TV, etc.



# Self-Assessment

On your piece of paper, write down the activities we did today. Label each activity using the Borg RPE Scale. This is your own opinion!

5 min fast walk (example: 2-3 on the scale for me)

5 min jog (example: a 5 on the scale for me)

10 push-ups (example: a 6 on the scale for me)

20 jumping jacks (example: an 8 on the scale for me)

Write down appropriate times when you would want to find your resting heart rate. Write down how you find heart rate in beats per minute.

Write down what the Borg RPE Scale represents.