



Personal Fitness Virtual Learning

7/8 Heart Rate

April 14, 2020



7/8 Grade Personal Fitness & Wellness

Lesson: [April 14th 2020]

Learning Target:

Fitness Knowledge: Heart Rate and perceived exertion(S3.M13)

Daily Essential Question/Objective: I can check my own heart rate with and without using technology.



Warm up:

Quick Write: Write down as much information about what is heart rate is and how to check it. You will have 3 minutes to write as much as you can. Use the timer to begin.





How to check your heart rate without technology.

What is a heart rate?

- Heart rate is the speed of the heartbeat measured by the number of contractions of the heart per minute. The heart rate can vary according to the body's physical needs, including the need to absorb oxygen and excrete carbon dioxide.

You can check your heart rate two ways:

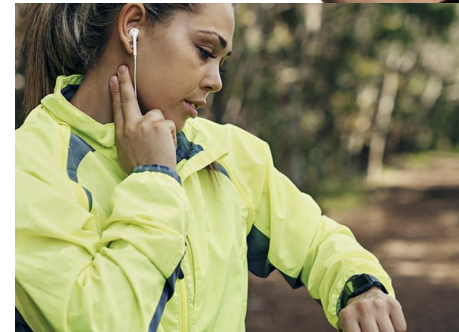
- Radial
- Carotid

Checking your heart rate

A doctor can check your heart rate using a stethoscope, but you can check your heart rate too.

Radial heart rate- place two fingers between **the** bone and **the** tendon over **your** radial artery — which is located on **the** thumb side **of** **your** wrist. When you feel **your pulse**, count **the** number **of** **beats** **for** a **certain** set **of** **seconds**.

Carotid heart rate- place **your** index and middle fingers on **your** neck to **the** side **of** **your** windpipe. When you feel **your pulse**, **look** at **your** watch and count **the** number **of** **beats** **for** a **certain** amount **of** **time**.



Remember:

- Your thumb has its own pulse that you may feel. You CANNOT use your thumb for this reason.
- You can count your heart rate for one minute straight.
- You can count your heart rate for 10 seconds and multiply by 6. For example, during 10 seconds I counted 6 beats. $10 \times 6 = 60$ beats per minute.
- You can count your heart rate for 15 seconds and multiply by 4. For example, during 15 seconds I counted 6 beats. $4 \times 15 = 60$ beats per minute.
- You can count your heart rate for 30 seconds and multiply by 2. For example, during 30 seconds I counted 35 beats. $35 \times 2 = 70$ beats per minute.

Video on checking heart rate





Practice:

You are going to practice taking checking your heart rate three times for radial and three times for carotid. You will write down your finding on a piece of paper. See if you can get the same amount of beats each time.

Radial check #1 _____

Carotid check #1 _____

Radial check #2 _____

Carotid check #2 _____

Radial check #3 _____

Carotid check #3 _____

You will multiply the number of beats you counted for 10 seconds by 6 to fill in each check. (number of beats you counted) x 6= _____

How to check your heart rate with technology.

- Most cell phones have a health app that will check your heart rate.
- Fitbit, apple, and other watches can also check your heart rate.



Resting heart rate

- Your resting heart rate is the heart pumping the lowest amount of blood you need because you're not exercising. If you're sitting or lying and you're calm, relaxed and aren't ill, your heart rate is normally between 60 (beats per minute) and 100 (beats per minute).
- a heart rate lower than 60 doesn't necessarily signal a medical problem. A lower heart rate is also common for people who get a lot of physical activity or are very athletic. Active people often have a lower resting heart rate (as low as 40) because their heart muscle is in better condition and doesn't need to work as hard to maintain a steady beat.

Finding maximum heart rate

- You can calculate **your maximum heart rate** by subtracting **your** age from 220.
- For example, if you're 45 years old, subtract 45 from 220 to get a **maximum heart rate** of 175.
- This is **the average maximum** number of times **your heart** should beat per minute during exercise.





All Done!!!!

Nice job with completing the lesson Answer the following questions:

- List three things you learned about checking your heart rate.

- Are you exercising your heart if you do not ever reach your maximum heart rate? Why do you think so?

- Write down one question that you have about checking your heart rate.