# 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 <u>YOUR AGE</u>, and <u>YOUR RESTING HEART RATE</u> to calculate a <u>PERSONAL</u> 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 Subtract **your** age | **220** <br><br> **-20** | **220** <br><br> -_____ | **220** <br><br> -_____ |
| Equals Maximum Heart Rate (MHR) <br><sub>Maximum times heart should beat/min.</sub> | **200** | =_____ | =_____ |
| Subtract **YOUR** Resting Heart Rate | **-70** | -_____ | -_____ |
| Multiply by: <br> 60% - Lower Limit 80% - Upper Limit | **130** <br><br> **x .60** | =_____ <br><br> **x .60** | =_____ <br><br> **x .80** |
| Add Resting Heart  Rate | **78.00** <br><br> **+ 70.00** | =_____ <br><br> +_____ | =_____ <br><br> +_____ |
| Equals Target Heart Rate (THR) | **158 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 <u>above</u> your target heart rate range? **WHY?**

_____

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

_____


Parent/Guardian Signature Required:  _____