Name: _____ Period: _____

7th Grade

What is Heart Rate?

- The number of _____ your heart beats per minute (BPM).
- Also known as _____.
- Normal HR varies from person to person, knowing yours can be an _____ health gauge.
- Resting Heart Rate (RHR): Heart pumping the lowest amount of _____ because body is at rest.
- Normal RHR ranges from 60 – 100 BPM

How to Check Your Pulse

- Find your _____ in either your neck or wrist.
- Count how many times you feel it beat for 30 _____.
- Once you have that number, double it.
- Example: I counted 35 beats in 30 seconds. When I double that number, my heart rate is 70 BPM.

What is Maximum Heart Rate (MHR)?

- Maximum Heart Rate (MHR): Age related _____ of BPM of the heart when working at maximum.
- MHR = 220 – Age **YOUR ACTUAL NUMBER:** 220 - _____ = _____
- Knowing this number along with RHR allows you to find the correct intensity for your body when being physically _____.
- Low intensity, closer to RHR (Resting Heart Rate).
- _____ intensity, closer to MHR (Maximum Heart Rate).
- Given this information, where do you think HR should range during physical activity?

What is Target Heart Rate Zone (THRZ)?

- Target Heart Rate Zone (THRZ): Range that defines the _____ and lower limits of training intensities.
- THRZ lower = MHR x 0.65 **YOUR ACTUAL NUMBER:** _____ (MHR) x __0.65__ = _____
- THRZ higher = MHR x 0.85 **YOUR ACTUAL NUMBER:** _____ (MHR) x __0.85__ = _____
- This is how you know if you are _____ too much or not enough.
- This zone is also a good indicator of your physical _____.
- Remember to listen to your _____ body! Every BODY works and responds differently.

5 Components of Fitness

- Muscular Strength, Muscular Endurance, Cardiovascular Fitness, Flexibility, Body Composition

Muscular Strength

- Is characterized by the maximal force muscle(s) can generate without a time limit of a specified movement.
- Examples: Curl-Ups in 60 seconds, _____, Bench press, leg press

Muscular Endurance

- Is the ability of the muscles to perform continuously without fatiguing.
- Examples: Cadence Push-up test, _____, step machines, _____.

Cardiovascular Fitness

- Is the ability of the heart and lungs to work together to provide the needed oxygen and fuel to the body during sustained workloads.
- Examples: Mile run, Pacer Test, _____.

Flexibility

- Is the ability of each joint to move through the available range of motion for a specific joint.
- Examples: Sit & Reach Test, _____, Stretching, Shoulder flexibility test.

Body Composition

- Is the amount of fat _____ compared to lean muscle mass, bone and organs. This can be measured using underwater weighing, Skinfold readings, and bioelectrical impedance. _____ weighing is considered the “gold standard” for body fat measurement, however because of the size and expense of the equipment needed very few places are set up to do this kind of measurement.
- Examples: Well _____ diet, Daily exercise/activity (60 minutes).