

Name: _____ Period: _____

6th Grade

Introducing the Heart

- The most _____ muscle in your body.
- It is the pump that delivers _____ rich blood throughout your body.
- The atria and ventricles work together, alternately contracting and relaxing to pump blood through your heart. The electrical _____ of your heart is the power source that makes this possible.
- Your _____ is triggered by electrical impulses that travel down a special pathway through your heart.
- The heart is made up of cardiac muscles and can become _____ with use and good health practices.
- To improve and maintain the strength of your _____, it is important to participate in regular aerobic exercise.

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.
- $MHR = 220 - \text{Age}$ **YOUR ACTUAL NUMBER:** $220 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$
- 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.
- $THRZ \text{ lower} = MHR \times 0.65$ **YOUR ACTUAL NUMBER:** $\frac{\underline{\hspace{2cm}}}{MHR} \times \underline{0.65} = \underline{\hspace{2cm}}$
- $THRZ \text{ higher} = MHR \times 0.85$ **YOUR ACTUAL NUMBER:** $\frac{\underline{\hspace{2cm}}}{MHR} \times \underline{0.85} = \underline{\hspace{2cm}}$
- 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.

