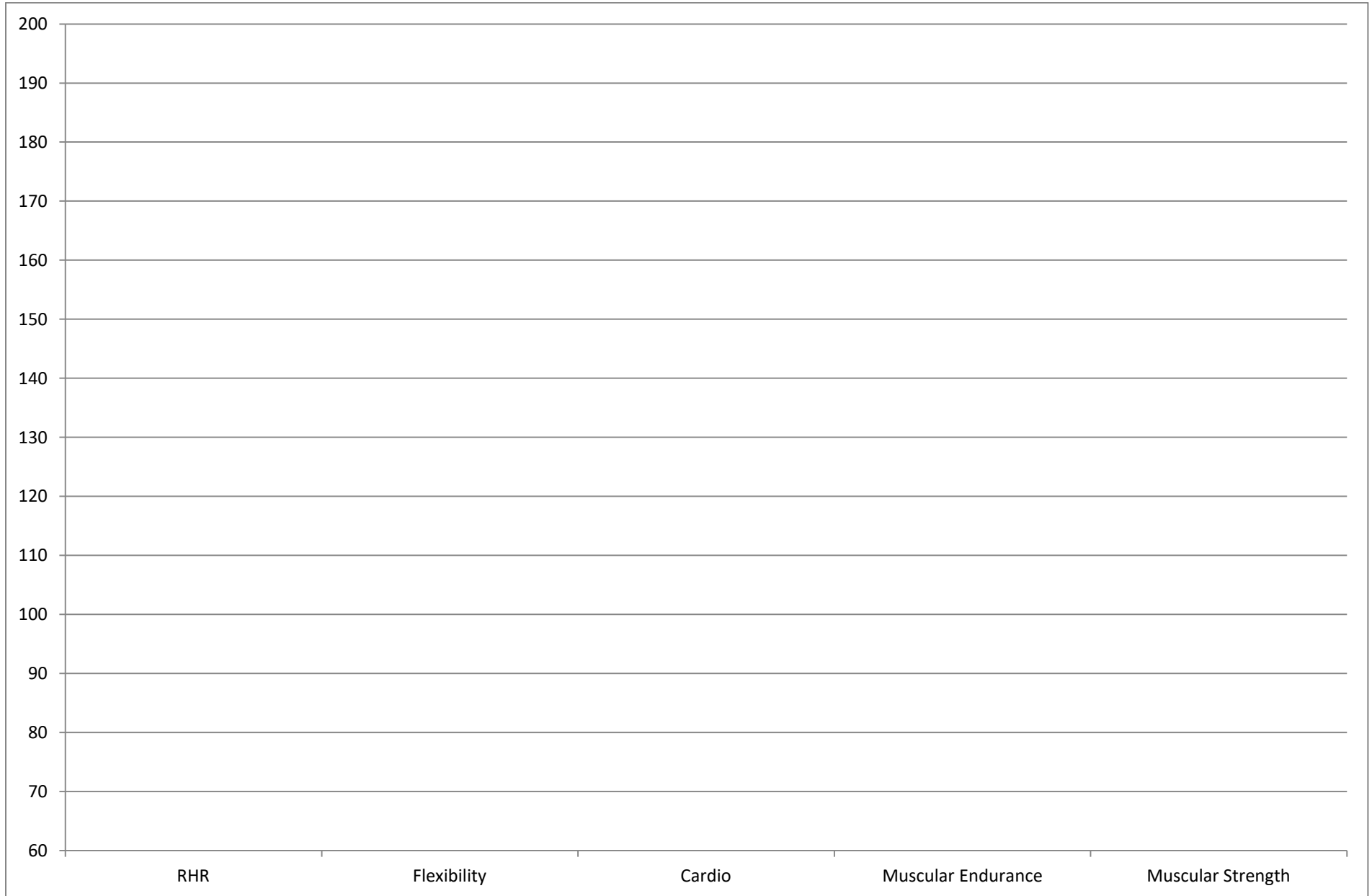


Name: _____

HEART RATE LAB



Heart Rate Pre-Lab Questions & Directions

1. Before you begin, check your resting heart rate and graph it
2. Before you begin, shade in your THRZ on the graph
3. Before you begin, which fitness component do you think will increase your heart rate the most and why?

4. Before you begin, which fitness component do you think will keep your heart rate the lowest and why?

Heart Rate During Lab Directions

5. After you complete the 2 exercises for a fitness component, take your heart rate and graph it

Heart Rate Post-Lab Questions

6. Were your hypotheses in questions 3 and 4 correct? Why or why not?

7. Which fitness components kept you in your target heart rate zone? Why do you think the exercises in those components did so?