DRILL 1: HEART RATE CONTROL

STUDENT'S NAME:	GROUP

The **heart rate** (HR) or **pulse** is the number of times your heart pumps your blood through your arteries to the rest of the body in one minute. It´s an indicator of the **INTENSITY** of the physical effort you do when practicing sports or physical activities. It´s measured in beats per minute (**bpm**).

WHERE CAN YOU CHECK YOUR HEART RATE?

a. On the radial artery

Se debe aplicar presión muy ligeramente al sentir el pulso carotídeo bajo el ángulo del mentón

b. On the carotid artery

c. On the left side of the chest

NEVER USE YOUR THUMB!! (It has an artery itself that can confuse you)

FOR HOW LONG SHOULD I CHECK MY PULSE?

➔ Check it for 15 seconds, and then multiply by 4.
➔ Check it for 10 seconds, and then multiply by 6.
➔ Check it for 6 seconds, and then multiply by 10.

HOMEWORK 1: RESTING HEART RATE

You need to check your pulse immediately when you wake up (but still in bed) during 7 consecutive days and write it down in this table here. Then do the average and write it on the "Average" box.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HR (bmp)							
AVERAGE =	Average = (Mon+Tues+Wedn+Thur+Fri+Sat+Sun) / 7						

DRILL 2: HEALTHY EXERCISE HR

STUDENT'S NAME:	GROUP

As you know, doing any physical activity, your HR increases above your resting HR, but they don´t always increase in the same way: it depends on the activity, and it depends on your fitness. The "safety zone" or the **"HEALTHY EXERCISE HR"** will tell us if we are practising exercise in a healthy, safe and controlled manner. This Healthy Exercise HR goes between 60% and 85% of your maximum heart rate (HRmax or MHR)

HRmax or <u>MHR</u> it´s the theorical beats per minute can reach with very intense exercise, and it´s calculated like this:

<div align="center">

MHR = 220 – Age

</div>

Therefore, your MHR would be:

My MHR = 220 - _____ = _____ beats per minute (bpm)

All activities that you do under the 60% of your capacity, will not have a real effect in your body, but all those that you do above 85% of your capacity may be dangerous for your health.

HOMEWORK 2: YOUR HEALTHY EXERCISE HR

Do the maths to calculate your 60% and 85% and then complete the range of healthy exercise HR for you:

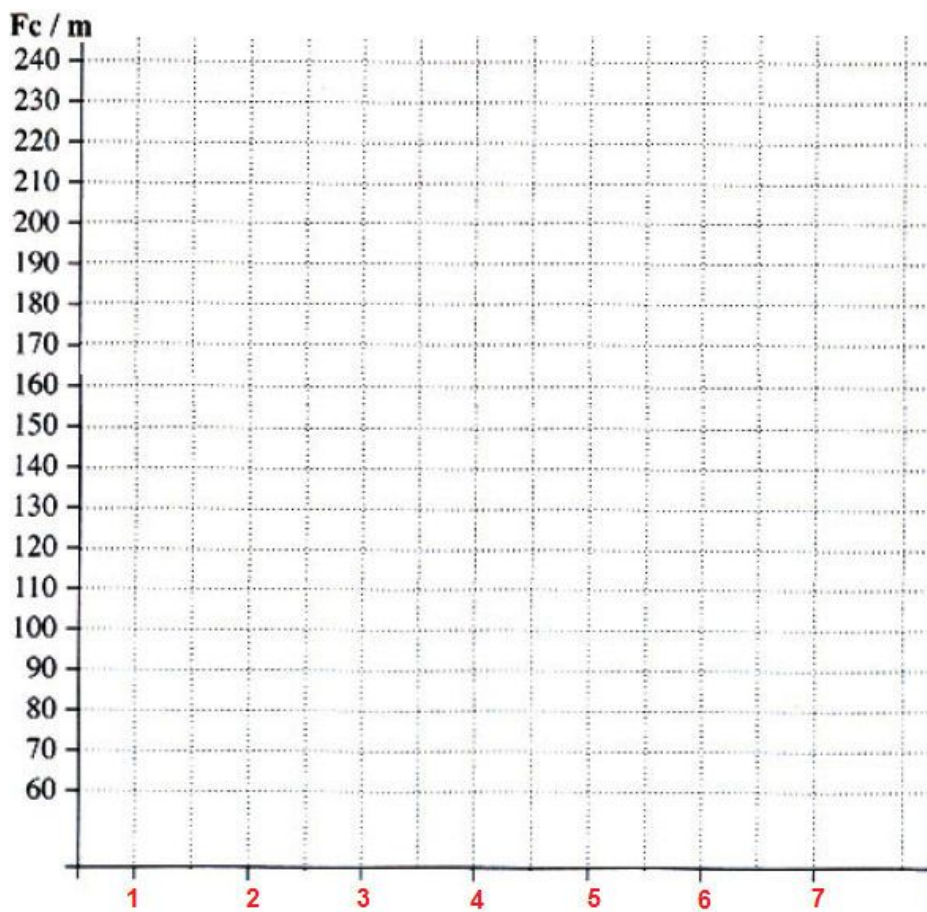|	
Your MHR -------------------> 100% X ----------------------------> 60%	$x = \dfrac{60 \times MHR}{100} =$
Your MHR -------------------> 100% X ----------------------------> 85%	$x = \dfrac{85 \times MHR}{100} =$

My healthy exercise heart rate goes between _____ bpm, and _____ bpm
                                                      (60%)   85%)

DRILL 3: HEART RATE VARIATION

STUDENT'S NAME:	GROUP

1. In the graphic, draw a BLACK line showing your HRmax. Then draw two RED lines showing your inferior and superior limit for a healthy exercise HR.
2. Now, your teacher will propose some activities. Check your pulse after doing them and write down your HR in the table.
3. Now, add the data of each exercise to the graphic using a blue pen, compare them and write a conclusion..

Fc / m

240 —
230 —
220 —
210 —
200 —
190 —
180 —
170 —
160 —
150 —
140 —
130 —
120 —
110 —
100 —
90 —
80 —
70 —
60 —

1   2   3   4   5   6   7

Activity	Walking 1 lap	Jogging 4 laps	High knees	Jumping jacks
HR				
Activity	Squats	Skipping rope	Push-ups	Relay race
HR				
CONCLUSION:				

DRILL 4: NON-STOP RUNNING HR

| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

1. Write down the names of the team members and their resting heart rate.
2. Now you will run for 12 minutes, stopping every 4 minutes to check your pulse (the teacher will let you know), and then continue running until the 12 minutes are over. Write down your HR everytime you stop to check it.

Student	REST		RUNNING						RECOVERING					
	Before start		4 minutes		8 minutes		12 minutes		1 minute rest		2 min. rest		3 min. rest	
	15"	60"	15"	60"	15"	60"	15"	60"	15"	60"	15"	60"	15"	60"
1 – Blue														
2 .– Red														
3 – Green														
4 – Black														

3. Now, with the data above, draw a graphic to show the evolution of your HR during the exercise and the recovery. Use the assigned colour for each student

200							
190							
180							
170							
160							
150							
140							
130							
120							
110							
100							
90							
80							
70							
60							
	Rest HR	4 min.	8 min.	12 min.	1' rest	2' rest	3' rest