

Target Heart Rate – 7 b

Name _____ Date _____ Class _____

In Physical Education class, we learned how to calculate a target heart rate range. To complete 7b of your Personal Fitness Plan, your assignment is to use YOUR AGE, and YOUR RESTING HEART RATE to calculate a PERSONAL target heart rate range. (The best time to take your Resting Heart Rate is when you either wake up in the morning or are just sitting around not doing much of anything. Your resting heart rate is meant to measure your heart at **REST so if you take your pulse after exercising, it would be inaccurate.) **Then answer the questions at the bottom. 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 -20	220 - _____	220 - _____
Equals Maximum Heart Rate (MHR) Maximum times heart should beat/min.	200	= _____	= _____
Subtract YOUR Resting Heart Rate	-70	- _____	- _____
Multiply by: 60% - Lower Limit 80% - Upper Limit	130 x .60	= _____ x .60	= _____ x .80
Add Resting Heart Rate	78.00 + 70.00	= _____ + _____	= _____ + _____
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 above your target heart rate range? **WHY?**

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