

AEROBIC MAKEUP

Option #5

Name: _____ Period: _____

Date: _____ DATE OF ABSENCE: _____

According to the table below, enter your heart rate after completing each activity for 30 seconds, 1 minute and 3 minutes. To take your heart rate, count how many beats in 6 seconds, then add a zero to the end of that number. For example, in 6 seconds I have 8 heart beats, add a zero becomes 80 beats per minute.

	30 seconds	1-minute	3-minutes
Use an electronic device (cell-phone, tablet)			
Climbing stairs			
Jumping rope			
Running			
Walking			
Squats			

Which activity made your heart beat the fastest?

Which activity made your heart beat the slowest?

What is the difference in 30 seconds and 3-minutes when using the computer?

Which activity did you enjoy the least?

Which activity did you enjoy the most?

Which activity would most benefit you? Why?

Estimate how much time per day you spend doing things while sitting down.

Estimate how much time per day you spend doing things while moving around.

What types of changes in your fitness do think will be the most beneficial for your cardiovascular health?