2nd of ESO
Name and Group:_____

IES Mediterrania
Teacher: Óscar Tejada

2nd Term.

Unit 1: Health and Fitness

Aims:
- Develop your skills and improve your Physical Condition with aerobic exercises like running.
- Be able to assess your Heart Rate.
- Know your limits for fat burn training and aerobic fitness training in your own Heart Rate.
- Use a set of stretchings for the following muscles: Cuadriceps, Femoral Biceps, Gastrocnemius, Abdominal and Adductors on the hip.

Basic Vocabulary:
Heart Rate: The number of heartbeats per unit of time, usually expressed as beats per minute.
Resting Heart Rate: Is your heart rate while at complete rest.
Maximum Heart Rate: the age-related number of beats per minute of the heart when working at its maximum that is usually estimated as 220 minus one's age.
Aerobic exercise: this type of exercise use the energy released by the burn of glucose and oxygen with the production of carbon dioxide and water. FI: running, swimming, biking...
Skeleton: the bones of a human considered as whole, together forming the framework of the body.
Muscles: a tissue composed of cells or fibers, the contraction of which produces movement in the body.

Calculating your Aerobic Heart Rate

Step 1: Calculate your Maximum Heart Rate (MHR) 220-(age)
For instance for a Jenny is a 16 years girl so her Maximum Heart Rate is 220-16= 204 bpm
220- ( )=____
Step 2: Assess your Resting Heart Rate (RHR)
Jenny has assessed her RHR for a minute lying down on the bed before waking up and she has a 64 RHR
Assess your heart rate for a minute in the morning before waking up: ____
Step 3: Calculate your Heart Rate Reserve
Subtract your Heart's Resting Rate from your Maximum Heart Rate like Jenny: 204-64=140 bpm
Do your's here MHR-RHR=HRR _____-_____=_____
Step 4: Calculate your Fat Burn Trainning Heart Rate
Your Fat Burn Trainning Heart Rate is between the 50% and the 75% of your Heart Rate Reserve added to your Resting Heart Rate
Jenny has calculated hers 50%: 140*0,5= 70 bpm and hers 75%: 140*0,75= 105 bpm
So her thresholds for the aerobic exercise are: 64+70= 134 bpm min
64+105= 169 bpm max

Now calculate yours:
HRR*0,5-> ____*0,5=_____ + RHR (___) =_____ Bpm min
HRR*0,75-> ____*0,75=____ + RHR (___) =_____ Bpm min

Step 5: Calculate your Aerobic Fitness Training Heart Rate
Your Aerobic Fitness Trainning Heart Rate is between the 75% and the 85% of your Heart Rate Reserve added to your Resting Heart Rate
Jenny has calculated hers 75%: 140*0,75= 105 bpm and hers 85%: 140*0,85= 119 bpm
So her thresholds for the aerobic exercise are: 64+105= 169 bpm min
64+119= 183 bpm max

Now calculate yours:
HRR*0,75-> ____*0,75=____ + RHR (___) =_____ Bpm min
HRR*0,85-> ____*0,85=____ + RHR (___) =_____ Bpm min

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Date	Kms	Total Time	HR	Borg	Rithm Min/km	Strava

1-10 Borg Scale of Perceived Exertion	
0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	
7	Really Hard
8	
9	Really, Really Hard
10	Maximal