



PHED 1164

Introduction to Physical Fitness and Wellness

Rubric: Cardio Crash Course

Core Objective: CT, EQS | SLO: 3

GOAL: The purpose of this activity is twofold:

A.) Using the HRTI Datasheet students will be able to successfully identify and record their target heart rate (**THR**) zones in beats per minute (**bpm**) for light, moderate, and vigorous physical activity. Knowing what your personal bpm is for when you are exercising at a light, moderate, or vigorous intensity ensures that you will never under-train at a bpm below your **THR** or over-train at a bpm too close to your maximal heart rate (**MHR**)

B.) You will determine which exercises pushes your heart to work at light, moderate, and vigorous intensity in order to know and understand what that feels like for your fitness level so that you can safely avoid over-training while also ensuring effective workouts by not under-training. This will also teach you how to find your heart rate during exercise. You will not only learn your different **THR**s but you will experience how they feel so that you can accurately gauge yourself during exercise


INSTRUCTIONS: First, using your data sheet, identify each heart rate measure and training intensity (the bpm your heart will have to work at in order to be training at a light, moderate, or vigorous bpm)


Second, you will research to find an exercise or physical activity that when performed for 45 seconds, places you in each heart rate range. For instance, you may notice that doing *pushups* causes your heart to work in the 'light' intensity according to bpm. *Jumping rope* may put you at a moderate bpm, while *sprinting at 8mph on the treadmill* causes a 'vigorous' intensity bpm. For one student, *jumping rope* may not be a demanding enough exercise to send their bpm into the 'moderate' range. Some students may have to perform a higher intensity exercise such as *burpees* in order to reach a 'vigorous' intensity. Everybody's heart and fitness level is different. Submit 3 exercises for low intensity, 3 for moderate, and 3 for vigorous.


It is your responsibility to research workouts for this activity. If you have no idea what a burpee is, find a YouTube tutorial, if you are unable to do a burpee, it is your responsibility to find exercises. Keep an open mind, research at home exercises or bodyweight exercises.

Submission: The activity will be submitted in the form of a table. The name of the exercise will be on the left and pictures of you performing the exercise on the right. If it is simple and continuous like jump rope, simply post 1 picture of you jumping rope. If it is a more complex exercise like a *burpee* or *squat thrust*, create a step-by-step visual by simply taking a picture of each phase and putting them in order side by side as shown below. Create the table in or use the

template below. **Note:** Your heart rate takes a sharp decrease 15 seconds after exercise stops, so you do not have a full minute to get an accurate bpm reading. Taking a 10 second reading and multiplying the bpm by 6 ($10s \times 6 = 60$ seconds) will be more accurate than taking the full minute. All pictures must be time stamped with a time stamp app and you must be visible.

<p><u>Burpee</u></p>	<p><i>Insert Photos here</i></p>  <p>(pictures do not have to be numbered or stitched together into one image, you may submit individual pictures in correct order from left to right)</p>
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<p><u>Modified Burpee</u></p>	<p><i>Insert Photos here</i></p> 
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<p><u>High Knees</u></p>	<p><i>Insert Photos here</i></p> 
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