

Heart Rate

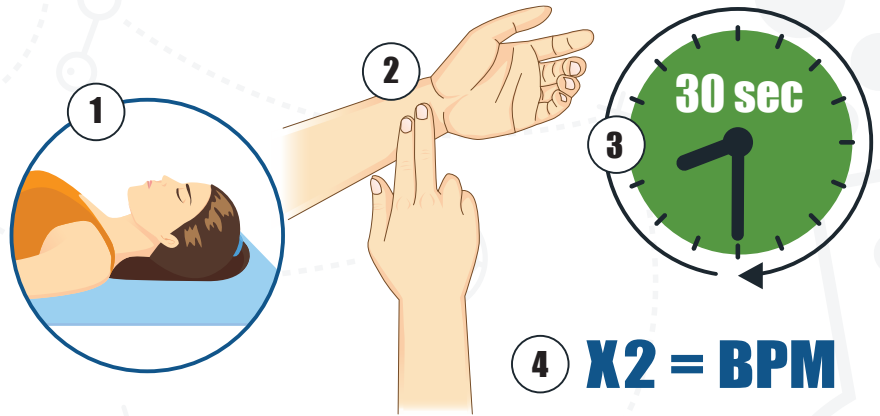
Description: Your heart rate is unique to you. By listening to your body, you can learn what is optimal for your individual performance.

Activity: You will measure your heart rate at rest, after juggling, after dribbling, and after jogging/sprinting. Find some space outside to complete this activity. Make sure to bring a soccer ball and a classmate or friend to time you.

Part 1: Measure your heart rate for the activities listed below in the graph on the x-axis.

Hint:

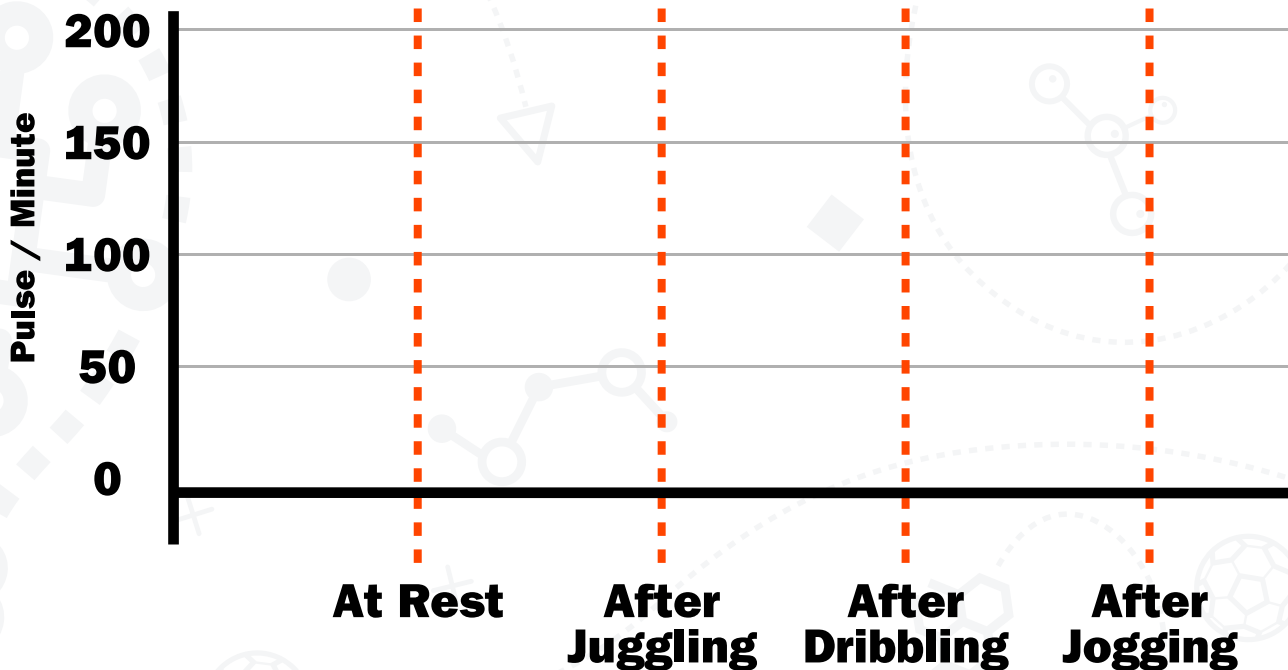
1. Rest quietly
2. Gently place 2 fingers on the inside of your wrist
3. Count the beats for 30 seconds
4. Double this number to get the number of beats per minute (BPM)



Part 2: Plot your heart rates for each activity on the graph below.

Additions: Try measuring your heart rate during different activities.

HEART RATE CALCULATION



Plot your heart rate at different intensity levels.

