

Are You Working Hard Enough or Hardly Working?



Building Your Body and Your Brain



By learning how to monitor/measure a target heart rate during exercise, one will better understand how to monitor themselves to see if they are working hard enough to have a healthy effect, but not so hard that the heart is overworked.



In this session, you will learn how to have students calculate their own resting heart rate utilizing the 200 maximum beat per minute target heart rate formula to determine each student's target heart rate.

You will also learn how to have students evaluate their own target heart rate during maximum cardio respiratory endurance.

Students will acknowledge their personal target heart rate after multiple physical activities and compare the results.

To figure the target heart rate, we have to do some math!

1. Calculate each person's at rest heart rate. (This is done by counting how many beats one heart beats in a minute while at rest.)
2. Subtract this resting heart rate from the 200 maximum beat per minute target heart rate.
3. Multiply this answer by the heart rate reserve. (0.75)
4. Once you have this product, add back the resting heart rate.
5. This sum will be your target heart rate after maximum cardio endurance.

Let's now build your body and your brain!

At this point we will use individual target heart rates to determine if you are working hard enough or hardly working.



The class will complete a circuit of activities. After each 40 second activity we will have a 20 second rest as the group rotates to the next circuit.

The following will be the circuit stations:

- Jump Rope 

- Sit Ups 

- Agility Ladder 

- Hula Hoop 

- Cone Run 

Following the circuit activity, participants will again calculate their heart rate. At this point, comparisons can be made to determine if one was.....

Working Hard Enough....or Hardly Working?



Discovering Your



How to determine if you are working hard enough or hardly working...

$$\begin{aligned} & 200 \text{ Beats per minute} \\ & - \underline{\hspace{2cm} \text{Resting heart rate}} \\ & \text{Difference} \\ & \times \underline{0.75 \text{ Heart Rate Reserve}} \\ & \text{Product} \\ & + \underline{\hspace{2cm} \text{Resting heart rate}} \\ & \text{Target Heart Rate after maximum cardio} \\ & \text{endurance} \end{aligned}$$