

Name \_\_\_\_\_

Date \_\_\_\_\_

<b>Types of Physical Activities</b>	
<b>Aerobic Activities</b>	<b>Muscle- and Bone- Strengthening (Anaerobic) Activities</b>
<ul style="list-style-type: none"> <li>• Build endurance</li> <li>• Are moderate- to high- intensity activities over longer periods of time</li> <li>• Require oxygen</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthen and build bones and muscles</li> <li>• Are short-intensity activities which quickly use up energy</li> <li>• Are weight-bearing or resistance activities</li> </ul>

**When physically active, energy is used to:**

- Strengthen heart muscle, pumping and transporting blood and oxygen
- Increase lung capacity
- Stimulate cell growth
- Release chemical substances
- Increase bone growth and density
- Strengthen muscles

<b>What are the benefits of physical activity?</b>		
<b>Physical Benefits</b>	<b>Academic Benefits</b>	<b>Social and Emotional Benefits</b>
Maintaining heart and respiratory health  Reducing risk for disease	Being more focused  Promoting success with grades and tests	Encouraging participation in sports and games  Building confidence and leadership skills  Improving mood  Spending time with family and friends

Tell us about your favorite physical activities:

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## How Much Blood Does Your Heart Pump?

Work with your group to complete the following tasks. Use the Data Collection Sheet to record your data and calculate the average heart rate of your group!

1. Measure resting heart rate by counting the carotid or radial pulse.
2. To locate the carotid pulse, do the following:
  - Place index and middle fingers of right hand directly under right ear (or left hand under left ear).
  - Next slide fingers down until they are directly under the jawbone, pressing lightly. Each pulse is a heartbeat.
3. To locate the radial pulse, do the following:
  - Place index and middle fingers on the outside of opposite wrist, just below the base of your thumb. Each pulse is a heartbeat.
4. Measure pulse rate.
5. Count the number of beats in 10 seconds. Multiply that number by six to calculate the average number of heart beats per minute. Record the results in the Data Collection Sheet.
6. Repeat for each group member.
7. Do jumping jacks (or another vigorous physical activity) for one minute and repeat the procedure for measuring and calculating the heart rate. Repeat for each group member.
8. Immediately after the jumping jacks physical activity, continue to measure the pulse every 15 seconds. Record on the Data Collection Sheet the total time needed for the pulse rate to return to the resting activity pulse rate.
9. Complete the calculations on the worksheet and enter the average resting heart rate and the average heart rate with vigorous physical activity.