Heart Rate Monitor Graph Analysis #1

*Standard 3: Achieves and maintains a health-enhancing level of physical fitness.*

*Standard 3.10.3 Monitor intensity of cardiovascular activity through the use of Heart Rate Monitors (e.g. setting target zones, recalling and interpreting data)*

From the BEEP/PACEMAX graph you were given from class, complete the following activities.

Complete the following on the graph:

1. Draw vertical lines (use a ruler) to divide the different activities on the graph and label each activity.
2. Choose 3 colours: one colour for below zone, in zone, and above zone. Colour the graph based on which part is in which zone (vertically, not horizontally).
3. Label an area on the graph where there is a recovery. A recovery is a place where your heart rate comes down after being at the top or near the top of your zone. For example, after you have completed the sprint part of a windsprint or at the end of the beep test.

Answer the following questions:

1. What is sub-aerobic? Cite your sources. Where are on the graph were you sub-aerobic? Why?
2. What is aerobic? Cite your sources. Where on the graph were you aerobic? Why?
3. What is anaerobic? Cite your sources. Where on the graph were you anaerobic? Why?

Some websites to help you:

<http://www.thewalkingsite.com/thr.html>

<http://www.webmd.com/fitness-exercise/aerobic-exercise-directory>

<http://www.brianmac.co.uk/hrm1.htm>

Assessment

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| --- | --- | --- | --- | --- |
| Assignment | Description | 5 | 4 | 3 |
| Graph | 1. Divided into zones and 3 colours to distinguish zones  2. Vertical activity divisions and Various activities are labelled  3. Recovery is labeled | Yes | Some-what | No |
| Activity Analysis | 1. Reflection on graph is informed with sources cited  2. Applicable information from graph is referenced as part of reflection  3. Full and descriptive explanation is given for each question | Yes | Some-what | No |



Heart Rate Monitor Graph Analysis #2

*Standard 3: Achieves and maintains a health-enhancing level of physical fitness.*

*Standard 3.10.3 Monitor intensity of cardiovascular activity through the use of Heart Rate Monitors (e.g. setting target zones, recalling and interpreting data)*

From the CIRCUIT graph you were given from class, complete the following activities.

Complete the following on the graph:

1. Draw vertical lines (use a ruler) to divide the different activities on the graph and label each activity.
2. Choose 3 colours: one colour for below zone, in zone, and above zone. Colour the graph based on which part is in which zone (vertically, not horizontally).

Answer the following questions about your graph:

Recovery heart rate is the reduction in heart rate right after exercise is stopped. The higher the fitness level, the faster the drop in heart rate. Total recovery heart rate is the time between the cessation of exercise and the heart rate returning to its pre-exercise level. A common recovery heart rate measurement is 1 to 2 minutes, while a total recovery may require as long as an hour. There are two types of recovery heart rate: interrecovery heart rate (between workouts) and intrarecovery heart rate (within a workout).

1. Choose one place on the graph where you had a recovery, choose the highest to the lowest heart rate. What was your heart rate at the peak and what was your heart rate at the valley? What is the difference between these two numbers? That is your intrarecovery heart rate.
2. What do you expect to see in your recovery heart rate as your heart becomes more fit?
3. Based on the graph, what was your level of effort in that class? If you had to rate yourself from 1-10 (10 is very high effort and 1 is very low effort) what would you be? Explain why using examples from the graph.
4. Based on the rest of the graph what is your level of fitness? If you had to rate yourself from 1 – 10 (10 is very high level fitness and 1 is very low level of fitness) what would you be? Explain why using examples from your graph.

Some websites to help you:

<http://www.ptdirect.com/training-design/anatomy-and-physiology/adaptations-to-exercise/acute-cardio-heart-responses-to-exercise> <http://www.umm.edu/patiented/articles/what_effects_of_exercise_on_heart_circulation_000029_3.htm>

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| Assignment | Description | 5 | 4 | 3 |
| Graph | 1. Divided into zones and 3 colours to distinguish zones  2. Vertical activity divisions and Various activities are labelled  3. Recovery is labeled | Yes | Some-what | No |
| Activity Analysis | 1. Reflection on graph is informed with sources cited  2. Applicable information from graph is referenced as part of reflection  3. Full and descriptive explanation is given for each question | Yes | Some-what | No |

Heart Rate Monitor Graph Analysis #3

*Standard 3: Achieves and maintains a health-enhancing level of physical fitness.*

*Standard 3.10.3 Monitor intensity of cardiovascular activity through the use of Heart Rate Monitors (e.g. setting target zones, recalling and interpreting data)*

From the FITNESS CLASS graph you were given from class, complete the following activities.

Complete the following on the graph:

1. Draw vertical lines (use a ruler) to divide the different activities on the graph and label each activity.
2. Label 5 zones on your graph. Choose 5 colours. Colour the graph based on which part is in which zone (vertically, not horizontally).
3. Label an area on the graph where there is a recovery. A recovery is a place where your heart rate comes down after being at the top or near the top of your zone. For example, after you have completed the sprint part of a windsprint or at the end of the beep test.

Answer the following questions about your graph:

1. What does it mean to have 5 different zones for your heart rate? Define and explain each zone. What does each zone tell you about your activity?
2. Which activities are you doing in each zone and what benefit does that have for you?
3. In what way can your HRM graph show evidence about your level of fitness?
4. Based on the rest of the graph what is your level of fitness? If you had to rate yourself from 1 – 10 (10 is very high level fitness and 1 is very low level of fitness) what would you be? Explain why using examples from your graph.



Some websites to help you:

<http://www.pnc.edu/hr/wellness/target_heart_rate_zone_training.htm>

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| --- | --- | --- | --- | --- |
| Assignment | Description | 5 | 4 | 3 |
| Graph | 1. Divided into zones and 3 colours to distinguish zones  2. Vertical activity divisions and Various activities are labelled  3. Recovery is labeled | Yes | Some-what | No |
| Activity Analysis | 1. Reflection on graph is informed with sources cited  2. Applicable information from graph is referenced as part of reflection  3. Full and descriptive explanation is given for each question | Yes | Some-what | No |

Heart Rate Monitor Graph Analysis #4

*Standard 3: Achieves and maintains a health-enhancing level of physical fitness.*

*Standard 3.10.3 Monitor intensity of cardiovascular activity through the use of Heart Rate Monitors (e.g. setting target zones, recalling and interpreting data)*

From the SPORT CLASS graph you were given from class, complete the following activities.

Complete the following on the graph:

1. Draw vertical lines (use a ruler) to divide the different activities on the graph and label each activity.
2. Label 5 zones on your graph. Choose 5 colours. Colour the graph based on which part is in which zone (vertically, not horizontally).
3. Label an area on the graph where there is a recovery. A recovery is a place where your heart rate comes down after being at the top or near the top of your zone. For example, after you have completed the sprint part of a windsprint or at the end of the beep test.

Answer the following questions based on your graph:

1. Recall the 5 zones for your heart rate. Which activities were doing in each zone and what benefit does that have for you?
2. What sport and position were you playing and how does that affect your heart rate?
3. The training effect is an improvement in your fitness level as the result of positive training. Do you think you have experienced the training effect this year? Explain why or why not using evidence from your graph.

Some sources of information and websites to help you:

<http://www.cptips.com/hrmntr.htm>

Assessment

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| --- | --- | --- | --- | --- |
| Assignment | Description | 5 | 4 | 3 |
| Graph | 1. Divided into zones and 3 colours to distinguish zones  2. Vertical activity divisions and Various activities are labelled  3. Recovery is labeled | Yes | Some-what | No |
| Activity Analysis | 1. Reflection on graph is informed with sources cited  2. Applicable information from graph is referenced as part of reflection  3. Full and descriptive explanation is given for each question | Yes | Some-what | No |

