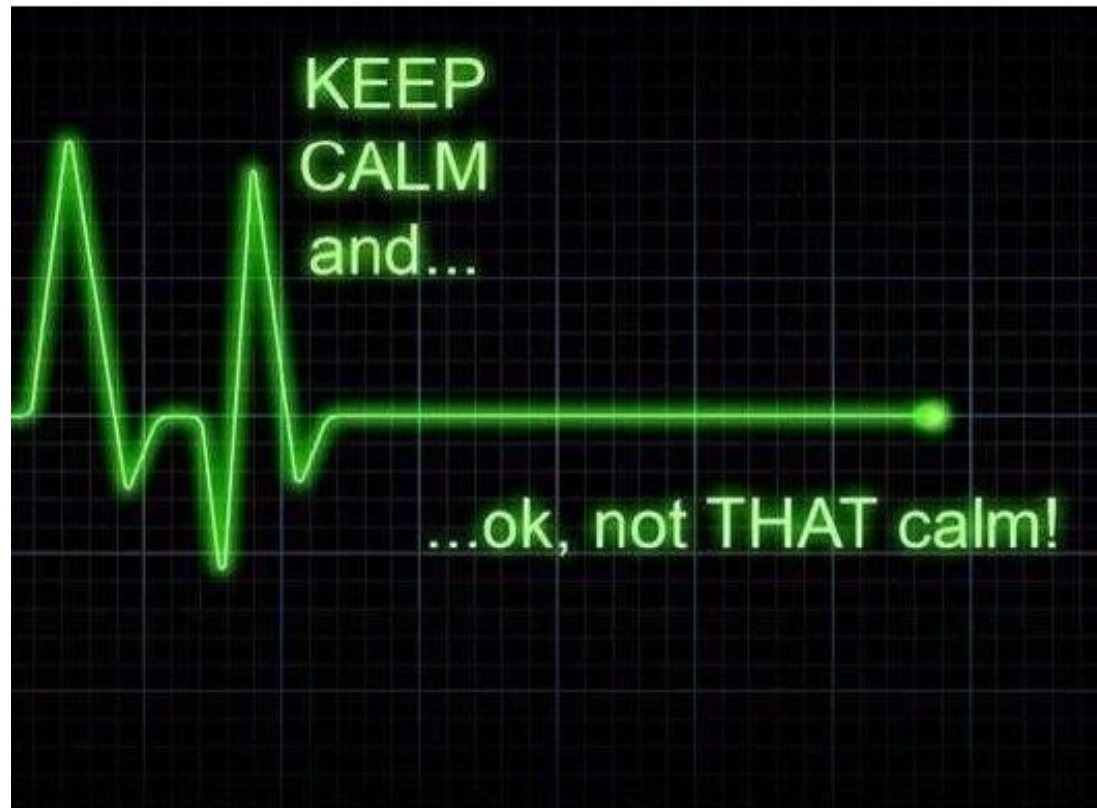


Blood pressure Lab



Curriculum

- ▶ measure resting heart rate and blood pressure and determine the effects of exercise on both factors

Factors affecting heart rate

- ▶ Many factors affect heart rate including:
 - ▶ Cardio fitness, blood pressure, resting heart rate, cholesterol
- ▶ A stronger heart is NOT a larger heart but a more elastic/efficient one

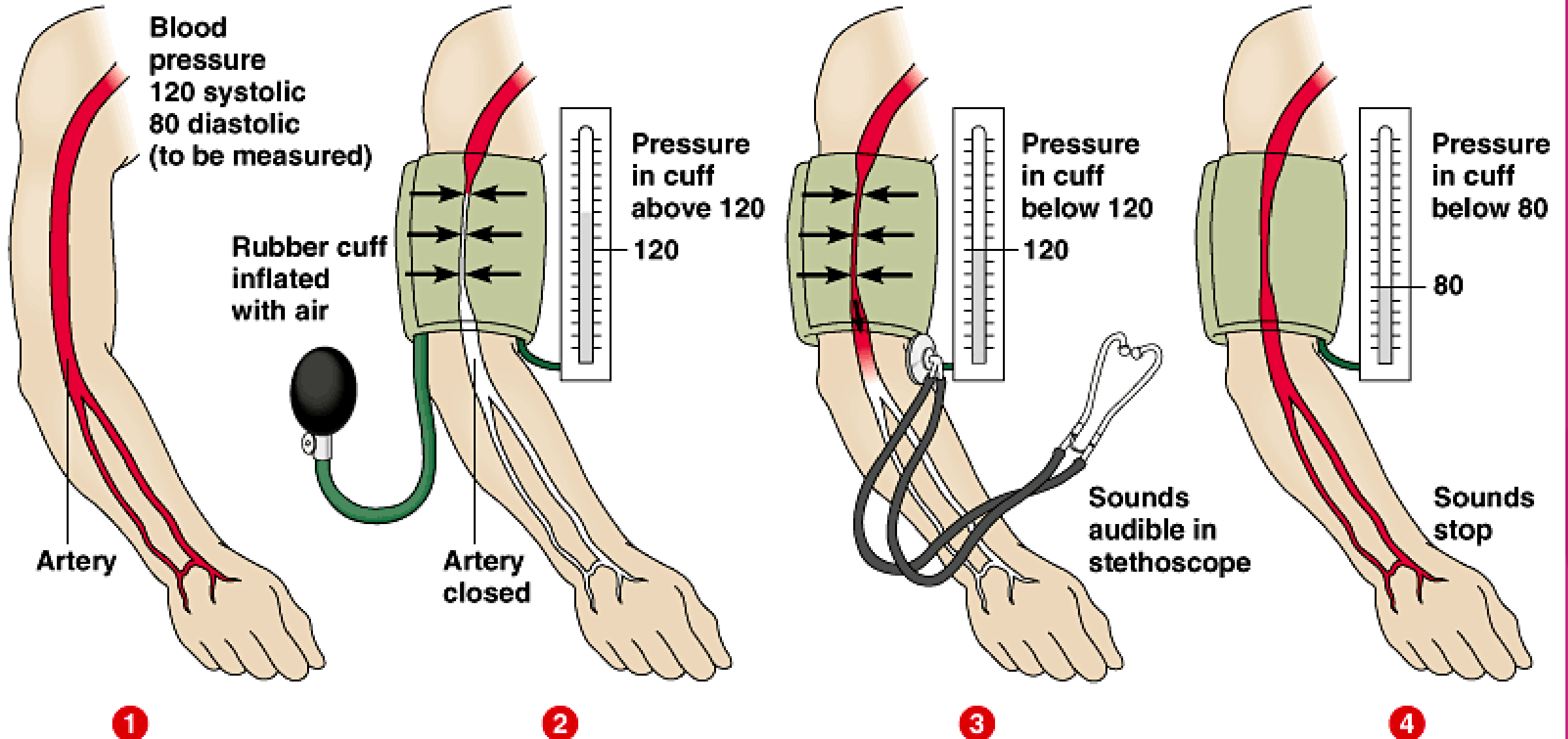
Target Heart rate

- ▶ A normal adult has a resting heart rate of 60-100 BPM
- ▶ A well trained athlete will be around 40 BPM
- ▶ Once your body reaches 85% of its max. HR, lactic acid is made and pain increases.
- ▶ To calculate maximum HR, use:

$$220 - \text{age} = \text{maximum HR}$$

Target Heart Rates	
Health goal	% of maximum HR
Maintain fitness level	50 -60%
Increase fat burning	60-70%
Increase cardio	70-80%

How to take blood pressure : recall:



Variables:

- ▶ Controlled: what are you keeping the same
- ▶ Manipulated: what are you changing
- ▶ Responding: what are you measuring