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Self-Assessment

Student text pages 7-11

EXERCISE BASICS

Objective: To learn how to do warm-up and cool-down exercises and to count heart rate.

Part 1: The Warm-Up and Stretch

Procedure: Do the warm-up activities described on textbook pages 7-9. Put a check in the box beside each exercise you complete.

Warm-Up and Stretch

Heart Warm-Up	<input type="checkbox"/>
Side Stretch	<input type="checkbox"/>
Knee-to-Chest Stretch	<input type="checkbox"/>
Back and Hip Stretch	<input type="checkbox"/>
Two-Leg Calf Stretch	<input type="checkbox"/>

Part 2: Counting Heart Rate

Procedure: Follow the directions for taking your resting heart rate on textbook pages 9-10. Practice counting your pulse for 1 minute, then use the three other methods described in step 4. Write your 15-second, 10-second, and 6-second counts in the chart. Then multiply as instructed in the textbook to get your one-minute heart rate.

Counting Your Resting Heart Rate

Resting	Pulse location	Beats counted in 1 minute	Beats in 15 seconds
Sitting	wrist (radial)		
Sitting	neck (carotid)		
Standing	wrist		
Standing	neck		
Sitting (repeated)	wrist		
Sitting (repeated)	neck		
Standing, counted by partner	wrist		
Standing, counted by partner	neck		

Count your exercise heart rate as described on page 10. Record your results in the chart.

Counting Your Exercise Heart Rate

Exercise	Pulse location	Number of beats and seconds	One-minute heart rate
After walking		_____ beats in _____ seconds	
After running		_____ beats in _____ seconds	
After active game		_____ beats in _____ seconds	

Part 3: The Cool-Down

Procedure: Do a cool-down, and then take your pulse. Record your pulse rate: _____

Discuss Your Results

- How does exercise affect your heart rate? _____
- How does a cool-down affect your heart rate? _____