

Heart Rate Study Guide

Key Concepts to Know

1. **Maximum Heart Rate (Max HR)**
 - Formula: **220 - your age**
 - Example: If you are 16 years old, your Max HR = $220 - 16 = 204$ beats per minute (bpm)
2. **Resting Heart Rate (RHR)**
 - This is the number of beats your heart makes per minute while you are at rest. A lower RHR often indicates better cardiovascular fitness.
3. **Target Heart Rate (THR)**
 - Your THR is a range where your heart rate should be during exercise to improve your fitness.
 - **Moderate Intensity:** 50% - 70% of your Max HR
 - **Vigorous Intensity:** 70% - 85% of your Max HR
4. **How to Find Your Pulse**
 - **Radial Pulse:** Located on the inside of your wrist, below the thumb.
 - **Carotid Pulse:** Located on the neck, beside the windpipe.
5. **Checking Your Pulse**
 - Use two fingers (index and middle) to lightly press on the pulse points.
 - Count the beats for 10 seconds and multiply by 6 to get your heart rate (bpm).

Study Activities

Activity 1: Calculate Your Maximum Heart Rate

- Use the formula **220 - your age** to calculate your Max HR.

1. My Max HR = _____ bpm

Activity 2: Find Your Resting Heart Rate

- While sitting calmly, find your radial or carotid pulse.
- Count your beats for 10 seconds and multiply by 6.

2. My Resting Heart Rate = _____ bpm

Activity 3: Determine Your Target Heart Rate Zones

- Calculate 50% and 85% of your Max HR to find your target zones.
- Use these formulas:
 - **50% of Max HR = Max HR x 0.50**
 - **85% of Max HR = Max HR x 0.85**

3. 50% of Max HR = _____ bpm

4. 85% of Max HR = _____ bpm

Activity 4: Practice Finding Your Pulse

- Practice checking both your **radial** and **carotid** pulse points.
- 5. Which one is easier for you to find?

I can find my radial/carotid pulse better.

Activity 5: Benefits of Knowing Your Heart Rate

- Write down two reasons why it's important to monitor your heart rate during exercise.

6. _____

7. _____

Review Questions

8. What is the formula for Max HR?
 9. How do you check your pulse?
 10. In at least three complete sentences, explain the purpose of knowing your target HR during physical activity?
-

Helpful Tips

- Practice checking your pulse every day.
- Make sure you can calculate your Max HR and THR quickly.
- Understand why it's important to stay within your THR zone during exercise.