Cardio Component

TABLE OF CONTENTS

F I T T

F stands for _____ which means _____

I Stands for _____ which means _____

T stands for _____ which means _____

T stands for _____ which means _____

Given the examples of changes in peoples exercise plans below decide which component of the FITT formula they modified

Working out more days a week _____

Adding hill training to your cardio workout _____

Going for a longer run _____

Adding more weight to an exercise _____

Adding another exercise to your routine _____

Going from working out once a day to twice a day _____

How could you increase the intensity of a strength work out?

How could you increase the time of a cardio workout?

How could you change the task of a flexibility workout?

How would you decrease the frequency of a workout?

Fitness Plan
Name_____   Period_____

Aerobic Fitness: non-stop steady activity that strengthens my heart.

I was/was not in the Healthy fitness zone for the mile run.

I was/was not in the Healthy fitness zone for the pacer.

Goal:_____

Muscular Strength and Endurance: exercises using sets and reps which strengthen and increase the endurance of muscles.

I was/was not in the Healthy fitness zone for the push-ups test.

I was/was not in the Healthy fitness zone for the flexed arm hang.

Goal:_____

Flexibility: the ability to move the joints through a full range of motion.

I was/was not in the Healthy fitness zone for the sit and reach test.

Goal:_____

Body Composition: the make-up of the body tissue, including muscle, bone and fat.

I was/was not in the Healthy fitness zone for the BMI.

Goal:_____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

Directions: Draft a plan for a four week fitness program.

Cardio Endurance

	Pacer	Mile	Healthy Zone (Yes/No)
Current Score			
Final Score			

Goal: _____

_____

Cardio Endurance Fitness Plan

Frequency	
Intensity	
Time	
Type	

1. Did I reach my goal? _____

2. If I could do one thing differently it would be_____

3. How has your overall cardio fitness improved? _____

Name _____

Period _____

Cardio fitness worksheet (option 1)

The purpose of today's lesson is to increase and decrease intensity (how fast or slow you move) and find out what that does to heart rate.

Review: resting heart rate, training heart rate, maximum heart rate, cardio fitness
Frequency, intensity, time and task (FITT)

My current training heart rate is _____ to _____ beats per minute

Record your heart rate after the following activities

After warm up activities _____

After walking once around the track (400 meters) _____

After jogging once around the track (400 meters) _____

After running one straight of way (100 meters) _____

How does intensity (how fast or slow you run) affect heart rate?

GOAL
For the next two laps try to stay within your training heart rate. Check and record your heart rate after each lap.

Lap one _____

Lap two _____

What level of effort does it take for you to work at your training heart rate? Place a check by the box that best describes the answer.

_____ I can jog fast and maintain that pace for two laps

_____ I can jog slowly and maintain that pace for two laps

_____ I can jog some and walk some to maintain my training heart rate for two laps

_____ I can walk fast to maintain my training heart rate for two laps

And the Beat Goes On! (option 2)
Heart Rate Activity

Objective: To understand how to calculate one's target heart rate to be able to get the most aerobic benefits when exercising.

1. Maximum Heart Rate (MHR) is 220 – your age = _____

2. Target Heart Rate (THR) is _____ to _____

3. What is your Resting Heart Rate? _____

4. Power walk 1 lap and record your heart rate _____

5. Jog one lap and record your heart rate_____

6. Sprint 50 yards and record your heart rate_____

7. Continue to check your heart rate until it falls below 120bpm. How long did it take for your heart rate to come down? _____

8. At what intensity (walk, jog, sprint, or combination) are you hitting your target heart rate? _____

9. Move at the intensity it takes to maintain your target heart rate for 2 laps. Record your heart rate _____

10. Could you maintain that intensity for the minimum of 20 minutes_____

11. Review questions 9 and 10. What does your answers tell you about your fitness level. _____

DETERMINING YOUR TRAINING HEART RATE RANGE

Objective: Students will determine their <u>Training Heart Rate Range</u> using the Karvonen Method.

Training Heart Rate [THR] = (maximal heart rate [MHR] – resting HR) x Intensity %= Working HR

Resting HR= count your pulse at rest for 60 seconds (resting is defined as when you first get up in the morning).

When estimating your target heart rate range, you must first establish two factors:

1. Your Age: _____

2. Your Resting Heart Rate [RHR]: _____

Use the above numbers in the following formula:

A. 220- _____ = _____
          [Your age]   [Estimated maximal heart rate (MHR)]

B. _____ - _____ = _____
          [MHR]   [Resting HR]   [Heart rate reserve/ HRR]

C. _____ X .60= _____+ _____= _____
      [HR reserve]   [Lower intensity] [Resting HR]   [Lower target heart rate]

D. _____ X .80= _____+_____=_____
      [HR reserve]   [Higher intensity] [Resting HR]   [Higher target heart rate]

E. Target Heart Rate Range is _____ to _____
                                    [Lower target HR]   [Higher target HR]
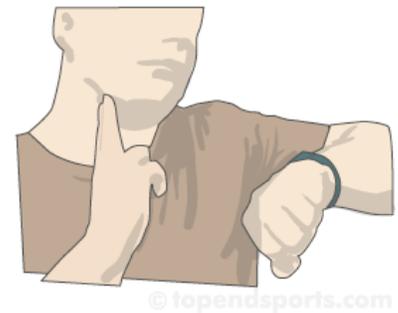
If during cardiovascular activity, my heart rate falls below the lower limit, I should

_____.

If during cardiovascular activity, my heart rate exceeds the upper limit, I should

_____.

As I improve my CV (cardio vascular) fitness, my resting heart rate will _____.

What happens to the target heart rate range when CV fitness improves?

_____.