



**STEM**  
*sports*<sup>®</sup>

science • technology  
engineering • math • sports

## **MULTI-SPORT**

**Module 6.1**

**Heart Rate and Calories**

**GRADES 6<sup>th</sup> – 8<sup>th</sup>**



MODULE  
**6.1**

GRADES  
**6-8**

## What Do You Need?

### Supplies Provided

[Worksheets](#), Soccer Balls,  
Digital Timers, Pinnies/Jerseys  
and Heart Rate Monitors

### Materials Needed

Pencils and Calculators



## Test Your Knowledge

Have your students take this lesson's assessment prior to engaging by visiting: <https://stemsports.com/assessments/>. If you have limited digital capability, please email [Info@STEMSports.com](mailto:Info@STEMSports.com) to access the Assessment & Key.

# Engage

Find your pulse and understand how it relates to exercise and calories.

# Explore

Understand how math will help you find the affects of exercise on your body and health.

# Explain

Learn the equation and steps to predict the number of calories you can burn during a game of soccer.



# Elaborate

Play a game of soccer  
and burn some calories!  
Use the [worksheet](#).



# Evaluate

Use your data to predict the number of calories you would burn playing soccer vs. being in class.





## What Did You Learn?

Have your students retake this lesson's assessment to effectively evaluate their comprehension by visiting:

<https://stemsports.com/assessments/>. If you have limited digital capability, please email [Info@STEMSports.com](mailto:Info@STEMSports.com) to access the Assessment & Key.



**Extend**

## **Challenge Yourself!**

Discuss the slope of each line and develop a graph for MET values.



# What is your Dream Job?

## STEM Jobs in Sports

- Strength & Conditioning Coach
- Bioinformatics
- Personal Trainer
- Dietitian
- Biomedical Engineer



To access Worksheet Keys, please visit [www.STEMSports.com/digitaltools](http://www.STEMSports.com/digitaltools)

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