



STEM
sports[®]

science • technology
engineering • math • sports

SOCCER

Module 2.1

Heart Rate and Calories

GRADES 6th – 8th



MODULE
2.1

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 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 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

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