

**MULTI-SPORT** 

Module 6.1

**Calculating Calories and Heart Rate** 

GRADES 3<sup>rd</sup> – 5<sup>th</sup>



# 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: <a href="https://stemsports.com/assessments/">https://stemsports.com/assessments/</a>. If you have limited digital capability, please email Info@STEMSports.com to access the Assessment & Key.





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





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.







Find the difference between heart rate and calories burned. Use the worksheet.





#### What Did You Learn?

Have your students retake this lesson's assessment to effectively evaluate their comprehension by visiting: <a href="https://stemsports.com/assessments/">https://stemsports.com/assessments/</a>. If you have limited digital capability, please email Info@STEMSports.com to access the Assessment & Key.







# What is your Dream Job?

### **STEM Jobs in Sports**

- Strength & Conditioning Coach
- Exercise Physiologist
- Athletic Trainer
- Sports/Fitness Nutritionist
- Biomedical Engineer





# To access Worksheet Keys, please visit <a href="https://www.STEMSports.com/digitaltools">www.STEMSports.com/digitaltools</a>



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