



science • technology engineering • math • sports

**SOCCER** 

Module 2.1

**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.



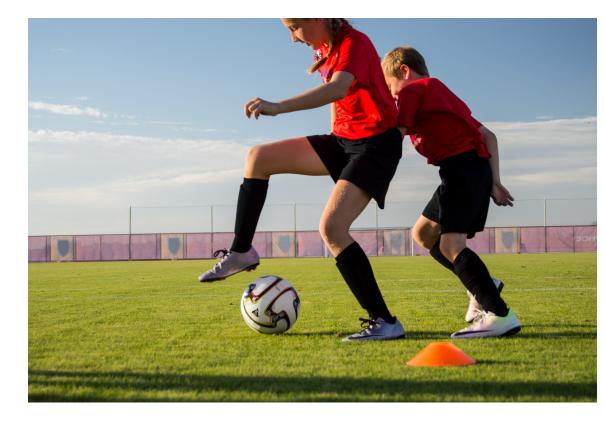


Understand how math will help you find the affects of exercise on your body and health.



**Explain** 

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







Play a game of soccer and burn some calories. Use the worksheet.





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: <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.







### **Challenge Yourself!**

Collect your classmate's data and calculate their heart rate at different levels.





#### What is your Dream Job?

#### STEM Jobs in Sports

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





## To access Worksheet Keys, please visit www.STEMSports.com/digitaltools



# Want to continue the education? Visit us at <a href="https://stemsports.com/">https://stemsports.com/</a> OR Tag us @stemsportsusa













