

Name: _____

Calculating Calories and Heart Rate

GRADES 3-5

Engage and Explore

	Partner 1	Partner 2
Resting Heart Rate (measured)		
Maximum Heart Rate (calculated)		
Heart Rate (15 seconds peddling)		
Heart Rate (30 seconds peddling)		
Heart Rate (45 seconds peddling)		
Heart Rate (60 seconds peddling)		
Heart Rate (75 seconds peddling)		
Heart Rate (90 seconds peddling)		

Explain/Elaborate

Weight in Kilograms = _____

Use the resting MET of 1.5 to calculate the total number of calories burned.

Time of Activity (hours) t	$C = (\text{MET} * \text{weight}) * t$	Calories Burned C
15 minutes = _____ hours		
30 minutes = _____ hours		
45 minutes = _____ hours		

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Evaluate

Use the racing MET of 7.3 to calculate the total number of calories burned.

Time of Activity (hours) t	$C = (\text{MET} * \text{weight}) * t$	Calories Burned C
15 minutes = ____ hours		
30 minutes = ____ hours		
45 minutes = ____ hours		

Extend

	Peddling	Resting
Heart Rate (15 seconds)		
Heart Rate (30 seconds)		
Heart Rate (45 seconds)		