Name: _____   Class: _____

Heart Rate and Calories
GRADES 6-8

Engage/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.

	C = (MET * weight) * t	Calories Burned C
5 minutes = _____ hours		
10 minutes = _____ hours		
15 minutes = _____ hours		
20 minutes = _____ hours		
25 minutes = _____ hours		
30 minutes = _____ hours		

Name: _____   Class: _____

Heart Rate and Calories
GRADES 6-8

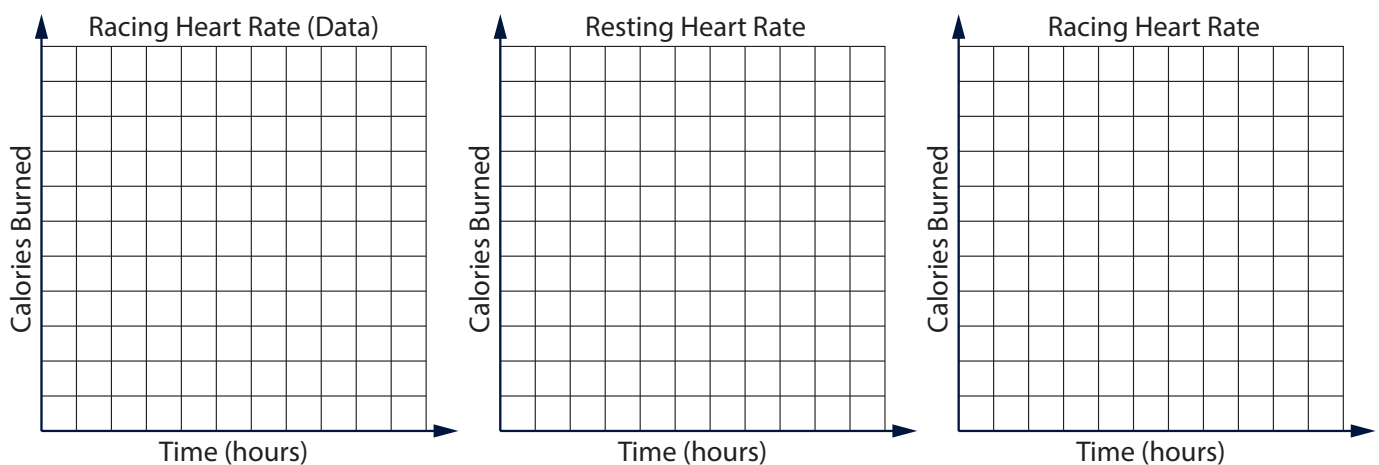## Evaluate

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

Time of Activity (hours) t	C = (MET * weight) * t	Calories Burned C
5 minutes = _____ hours		
10 minutes = _____ hours		
15 minutes = _____ hours		
20 minutes = _____ hours		
25 minutes = _____ hours		
30 minutes = _____ hours		

Extend

Use the values from the function tables in *Elaborate* and *Evaluate* to graph.

Racing Heart Rate (Data) — Calories Burned vs. Time (hours)

Resting Heart Rate — Calories Burned vs. Time (hours)

Racing Heart Rate — Calories Burned vs. Time (hours)

How do the slopes of the graphs compare?