Name: _____   Class: _____

Heart Rate and Calories

GRADES 6-8

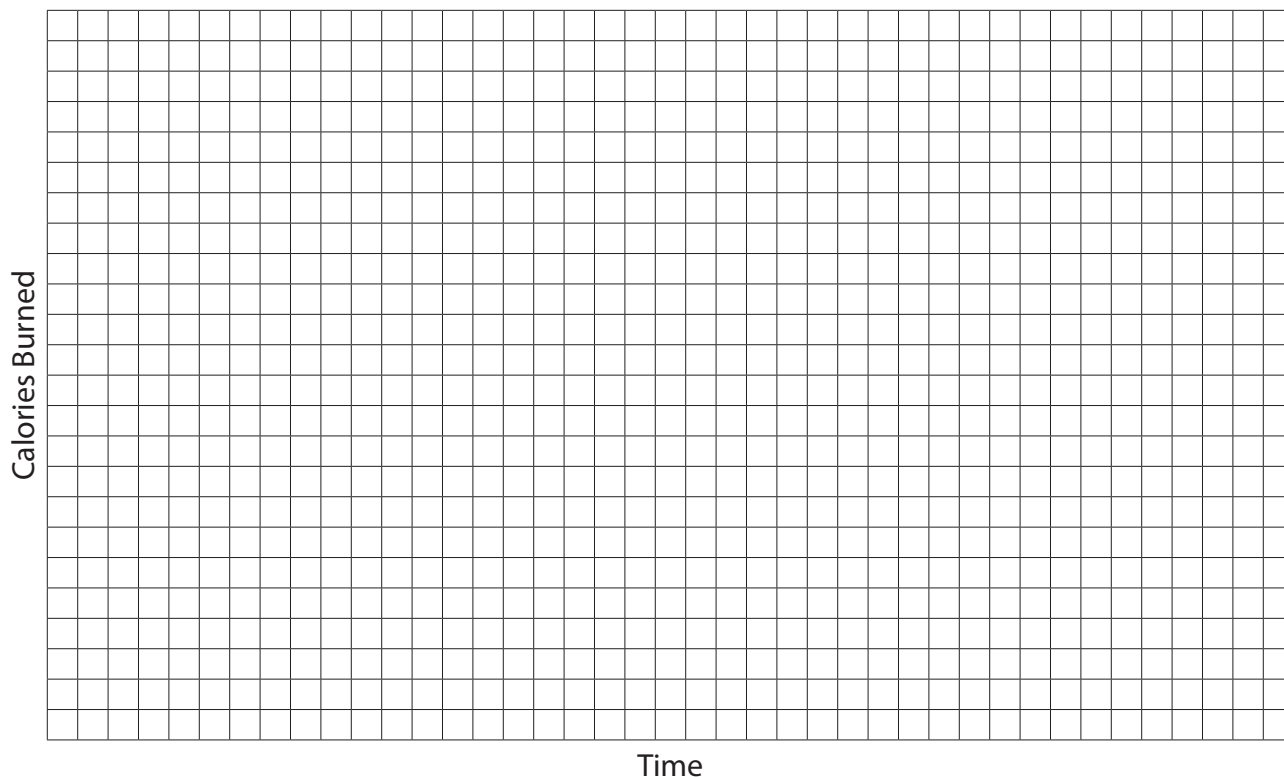|	Partner 1	Partner 2
Resting heart rate (measured)		
Heart rate after 2.5 minutes of play		
Heart rate after 5 minutes of play		
Maximum heart rate (calculated)		

Using the equation C = (MET*weight)*t, complete the data table and graph.

Time of Activity (hours) t	@ Resting Heart Rate (MET 1.5)	@ Heart Rate for Playing Soccer (MET 8.5)
0		
1		
2		
3		
4		
5		
6		

Name: _____   Class: _____

Heart Rate and Calories
GRADES 6-8

Calories Burned

Time

Using the graph:

1. How many calories did you burn when you played soccer for 5 minutes?

2. If you played soccer for 45 minutes, how many calories would you burn?

3. If you played soccer for 90 minues, how many calories would you burn?

4. How did your calculations compare to those provided by the heart rate monitor?

5. How does the MET value change the slope of the line?