

Heart Rate Monitor Unit Study Guide

- 60%-80% of maximum heart rate best expresses the percentage of maximum heart rate that should characterize student's exercise for health-related fitness in physical education class.
- A resting heart rate ideally should be taken immediately upon waking after a sleep period.
- Heart rate information can be collected in a variety of ways: By palpation of carotid or radial pulse, Using a heart rate monitor and by, and By assessing the rate of perceived exertion based on individual awareness of effort.
- F.I.T.T. stand for Frequency, Intensity, Time, Type.
- All of the following are ways to get your heart rate monitor to work you must moisten the electrodes, tighten the strap, and turn the watch off then back on.
- When taking your own pulse THE BEST WAY to get an accurate reading would be for you to use two fingers, your pointer and middle finger.
- When taking your pulse for 6 seconds you would multiply that number by 10 to get your beats per minute.
- The equipment you need to use a Heart Rate Monitor properly and get an accurate reading are a connecting strap, the watch, the transmitter and a little bit for water for moisture.
- The type of exercise that will strengthen your heart is called cardiovascular exercise.
- Your heart is the most important muscle in your body.
- Your heart is made up of cardiac muscle.
- The RPE scale "Rate of Perceived Exertion" measures feelings of effort, strain, discomfort, and/or fatigue experienced during both aerobic and resistance training
- As your heart gets stronger your resting heart rate will lower.
- To improve and maintain the strength of your heart it is important to participate in cardiovascular exercise.
- The Rate of Perceived Exertion is a useful way of monitoring your performance and intensity of your exercise program when you do not have a heart rate monitor.
- Heart Rate is the number of times you heart beats in one minute.
- Your heartbeat is the sound of the valves in your heart closing as they push blood from one chamber to another
- Pulse is the beat of the heart that can be felt in any artery that lies close to the skin.
- Your Radial pulse is taken at the wrist and your Carotid pulse is taken at the neck.