



Week 1 – Lesson 3

Cardiorespiratory Fitness

OBJECTIVES

- By the end of this lesson, students will be able to
 - Determine their Target Heart Rate Range for moderate physical activity.
 - Use the FITT Principles to design a plan to improve their cardiorespiratory fitness.

Review – FITT Principle

Frequency

- How often you exercise

Intensity

- How hard you exercise.

Time

- How long you exercise

Type

- Specific exercises that you do.

Review – Cardiorespiratory Fitness

Cardiorespiratory Fitness

- The ability of the heart and lungs to supply oxygen to the body.

Aerobic Exercise

- Rhythmic activity that uses large amounts of oxygen and works the heart and lungs.

Cardiorespiratory Endurance

- The ability of the body to work continuously for extended periods of time.

Frequency

- Teenagers should get at least **60 minutes per day** of moderate to vigorous-intensity physical activity, mostly aerobic.



Intensity

- **Moderate physical activity** - An activity with intensity equal to brisk walking. Activities of moderate intensity can be performed for relatively long periods of time without fatigue.
- Intensity is one of the most important ways to determine if you are exercising at a level that benefits your heart.
- Your **heart rate** helps you know if you are working at the appropriate intensity.



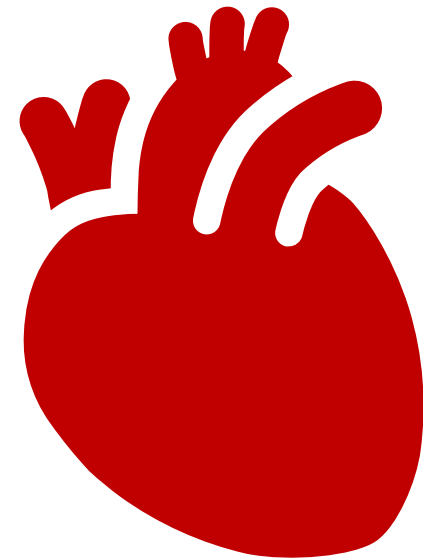
Target Heart Rate Zone for Moderate Physical Activity

Target heart rate during moderate intensity activities is about 50-70% of your maximum heart rate.

How to calculate:

Maximum Heart Rate (MHR) = $220 - \text{your age}$

Target Heart Rate Zone (THRZ) = 50 % to 70% of your maximum heart rate.



What is Your Target Heart Rate Zone?

Find your target heart rate range of 50% - 70% for your age using the chart below.

Heart Rate Percentages							
Age	MHR	50%	60%	70%	80%	85%	90%
11	209	147	160	172	185	190	197
12	208	146	159	171	183	190	196
13	207	146	158	170	183	189	194
14	206	146	158	170	182	188	194
15	205	139	152	165	178	185	192
16	204	138	151	164	178	184	191
17	203	138	151	164	177	183	190
18	202	137	150	163	176	183	190

Find Your Heart Rate

- Click on the link below to watch a video on how to calculate your heart rate:

<https://vimeo.com/208872763>

Time

- To achieve the greatest cardiovascular benefit, a workout should be at least 20 minutes
Cardiovascular benefits continue to increase as the exercise duration is extended to 60 minutes.



Type

- **Aerobic exercises** are best for developing cardiovascular fitness.
- Walking, biking, jogging, skating, and dancing are just a few examples of aerobic activities.
- Aerobic activities strengthen the heart and lungs and make your working muscles more efficient at using oxygen.



Create Your Own Cardiorespiratory Fitness Plan with the FITT Principle

Frequency	How often will I exercise?	Select 3 days of the week you will exercise.	
Intensity	How hard will I exercise?	Calculate your target heart rate zone for moderate physical activity.	
Time	How long will I exercise?	Select a time between 20 and 60 minutes.	
Type	What exercise will I perform?	Select a moderate intensity activity.	