



Heart rate, breathing rate, physical fitness – Student sheet 1

Personal record

Record this information about the person who will be doing the exercise.

a Would you describe yourself as physically fit?

No ☐ (I exercise infrequently)

Yes ☐ (I exercise frequently)

Very ☐ (I take vigorous exercise (e.g. cycling, swimming) frequently)

b Measure the exerciser's pulse at rest (sitting down) for 15 seconds. Multiply the number of beats by 4 to get the heart rate (beats per minute). Record this in the table below.

c Measure the exerciser's breathing rate at rest for 15 seconds. Multiply the number of breaths by 4 to get the breathing rate (breaths per minute). Record this in the table below.

d The person exercising should now begin to exercise (as directed by your teacher). Start the stop clock.

e After 4 minutes, stop exercising. **Immediately**, measure and record the heart rate and breathing rate as before.

f Take the heart rate and breathing rate again at 2 minutes after exercise and 4 minutes after exercise.

(If you have a pulse meter, you may be able to record pulse rate *during* exercise too, e.g. after 2 minutes, adding this to your table).

Heart rate (beats per minute)				
At rest	(During exercise)	Immediately after exercise	2 min after exercise	4 min after exercise

Breathing rate (breaths per minute)				
At rest	(During exercise)	Immediately after exercise	2 min after exercise	4 min after exercise

Extension: If you finish your data collection early, answer these questions.

Will the combined class data be enough to evaluate any claim about fitness?

Are there any problems with method used to collect the data?

Will these problems affect the validity of the data?

Heart Rate Breathing Rate Physical Fitness Student

UI Rehman, Shafiq



Heart Rate Breathing Rate Physical Fitness Student:

Accessing the General Physical Education Curriculum for Students with Sensory Deficits Roseanna Davidson, Effie Laman, Michael F. Shaughnessy, 2006 Students in a regular physical education program typically learn skills through observation and practice Teachers and specialists working with students who are sensory impaired with multiple disabilities face unique challenges Because such students make up a small percentage of the population physical education texts on adaptation instructional strategies and activities for groups give only minimal information about working with them This new book explores the issues of the physical education curricula for sensory handicapped children Typically these curricula are based on old techniques that have been used since time immemorial Rather than examine how teachers utilise obsolete curricula this important book examines how they effect the students

Developmental Physical Education for All Children 5th Edition Cleland Donnelly, Frances, Mueller, Suzanne, Gallahue, David, 2016-09-26 Developmental Physical Education for All Children Fifth Edition will help you deliver developmentally appropriate physical education for kids in pre K through grade 5 Lessons for all levels are based on the new national standards and a host of ancillaries supplement the learning

Mental health of higher education students Agnes Lai, Wing Fai Yeung, 2023-01-09 *Fitness for Life* Guy C. Le Masurier, Charles B. Corbin, Meg Greiner, Dolly D. Lambdin, 2010 Fitness for Life Elementary School is an innovative multimedia package that facilitates total school involvement by using physical education lessons classroom activities and discussions recess before and afterschool activities and even family nights to deliver appropriate physical activity as well as concepts to promote health related fitness and active lifestyles

Middle School Physical Education Moving with Skill - Step 2 Student Text, 2002 A three year physical education program integrating cross curricular targets unique to the middle school student

Physical Best Activity Guide Physical Best (Program), 2011 This comprehensive health related fitness education program is back and better than ever Developed by top level physical educators this third edition will help students gain the knowledge skills appreciation and confidence they need to lead active healthy lives regardless of physical and mental abilities or disabilities Physical Best Activity Guide Elementary Level has been used with much success across the United States and for good reason The text contains 78 easy to use activities ranging from noncompetitive to competitive and less demanding to more demanding It also includes activities that allow for maximum time on task All the instructional activities address the national physical education standards dance standards or health standards This new edition retains the best activities from previous editions and offers new ones from outstanding teachers throughout the United States You will learn how to adapt the activities for all children regardless of skill level or ability Students will also learn skills to help them set realistic goals manage their activity levels and remain healthy throughout their lives This text offers the following features A new chapter Combined Component Training combines aerobic fitness muscular strength and endurance and flexibility into single activities A CD ROM contains a wealth of reproducibles including charts posters signs station cards

handouts and worksheets many of which can be adapted to meet your needs A section of Internet resources helps you develop your own special events Physical Education Technology Playbook Darla M. Castelli, Leah Fiorentino, 2008 It is widely accepted that the increasing use of technology such as TV and computers has led to a reduction in physical activity But in Physical Education Technology Playbook authors Darla Castelli and Leah Holland Fiorentino show you how to use technology to increase physical activity and enhance learning about health and fitness This book comes with detailed instructions and examples so you can easily incorporate the described technologies into your teaching From cover

Promoting Health and Emotional Well-Being in Your Classroom Randy M. Page, Tana S. Page, 2010-01-12

Promoting Health and Emotional Well Being in Your Classroom Fifth Edition provides pre service and current teachers all the tools and up to date information needed for effectively promoting healthy life choices Framed around the National Health Education Standards and the Centers for Disease Control and Prevention's six risk behaviors this practical text facilitates instructional planning allows for easy adaptation into various curricular frameworks and ensures that the most essential health education content is addressed

Quality Lesson Plans for Secondary Physical Education Dorothy Zakrajsek, Lois Carnes, Frank E. Pettigrew, 2003 Lesson plans for physical education including climbing walls lacrosse in line skating Includes 2 Copies of CD in Carousel 17 and 21

Promoting Elementary School Physical Activity Russell R. Pate, Ruth P. Saunders, 2023-04-20 This book provides practical and accessible physical activity ideas that both classroom and physical education teachers can use to encourage physical activity in the classroom Texas Register Texas. Secretary of State, 1997

Designing and Teaching Fitness Education Courses Jayne Debra Greenberg, Nichole D. Calkins, Lisa S. Spinosa, 2022 Helps physical educators develop and implement fitness education courses in their curricula Includes pacing guides which act as a teacher's blueprint throughout a semester and offers 139 video clips and 211 instructional photos that show the activities all of which require no equipment

Elementary School Wellness Education Matthew Cummiskey, Frances Cleland Donnelly, 2022-06-20 Health education and physical education are traditionally siloed for no good reason according to authors Matthew Cummiskey and Frances Cleland Donnelly So through Elementary School Wellness Education the two authors provide a blueprint complete with lesson plans for teachers to fuse health education and physical education into one elementary school class Students should be educated in a more holistic manner says Cummiskey We applied the concept of school wellness education at the elementary level which has components of both traditional health education and physical education Elementary School Wellness Education offers the following 37 detailed lesson plans for grades K 5 19 lessons for K 2 and 18 lessons for grades 3 5 that are tied to SHAPE America Outcomes and National Health Education Performance Indicators Clear instruction on how to apply the plans making it perfect for both preservice and in service teachers More than 70 lesson plan handouts with four color graphics available in the HKPropel platform that are easy for teachers to print A test package presentation package and instructor guide that make this ideal for existing and emerging

teacher education courses A typical School Wellness Education SWE lesson combines classroom based learning activities such as discussions worksheets and videos with physical activity All the lessons in the book take place in the gymnasium so there s no need for a separate health education classroom In addition the SWE approach helps teachers maximize their instruction time by meeting multiple learning standards simultaneously The lessons are learning focused with each activity carefully aligned to the objectives says Cleland Donnelly Moreover they re fun Students aren t sitting in a traditional classroom learning health they re doing it in the gym SWE also uses traditional PE equipment and the gym in new and creative ways she adds This is especially important in schools that lack a separate health education classroom Elementary School Wellness Education addresses emergent pedagogies such as skill based education universal design for learning social and emotional learning and social justice helping both in service and preservice teachers understand how to use and benefit from these pedagogical approaches It also guides readers in how to teach wellness education online as effectively as face to face Teachers will learn how to teach the content in person online or in a hybrid approach The good news for teachers is that SWE is not a dramatic departure from existing instruction says Cummiskey Students are still moving and being taught in the gymnasium but now health content and skills are being infused into all the lessons The book he says is also suitable for use by classroom teachers looking to promote wellness or incorporate additional physical activity into their students days The intent is to imbue students with the knowledge skills and dispositions to lead a healthy life into and through adulthood he says Note A code for accessing HKPropel is included with this ebook

Rhythmic Activities and Dance John Price Bennett,Pamela Coughenour Riemer,2006 Rhythmic Activities and Dance Second Edition is a comprehensive collection of the most popular recreational dance forms geared for teachers of K 12 students and recreation directors and leaders who want to teach easy rhythms and dances for fun and fitness **BOOK JACKET** **Educating the Student Body** Institute of

Medicine,Food and Nutrition Board,Committee on Physical Activity and Physical Education in the School Environment,2013-11-30 Physical inactivity is a key determinant of health across the lifespan A lack of activity increases the risk of heart disease colon and breast cancer diabetes mellitus hypertension osteoporosis anxiety and depression and others diseases Emerging literature has suggested that in terms of mortality the global population health burden of physical inactivity approaches that of cigarette smoking The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic The prevalence health impact and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan In response to the need to find ways to make physical activity a health priority for youth the Institute of Medicine s Committee on Physical Activity and Physical Education in the School Environment was formed Its purpose was to review the current status of physical activity and physical education in the school environment including before during and after school and examine the influences of physical activity and physical education on the short and long term physical cognitive and brain and psychosocial health and development of children and

adolescents Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment This report lays out a set of guiding principles to guide its work on these tasks These included recognizing the benefits of instilling life long physical activity habits in children the value of using systems thinking in improving physical activity and physical education in the school environment the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education the importance of considering all types of school environments the need to take into consideration the diversity of students as recommendations are developed This report will be of interest to local and national policymakers school officials teachers and the education community researchers professional organizations and parents interested in physical activity physical education and health for school aged children and adolescents

Principles and Methods of Adapted Physical Education Kristi Roth,Melissa Bittner,Elizabeth Foster,Jean Pyfer,Laurie Zittel,2025-09-22 Principles and Methods of Adapted Physical Education 13th Edition is an evidence based pedagogically focused resource with practical information and resources to prepare educators to deliver effective legally sound and evidence based adapted physical education services It incorporates the Adapted Physical Education National Standards

Wearable Devices and Smart Technology for Educational Teaching Assistance Ul Rehman, Shafiq,2024-12-24 Wearable devices and smart technology are revolutionizing educational teaching assistance offering innovative solutions to enhance learning experiences and support educators and students These technologies enable real time monitoring of student progress provide personalized learning insights and facilitate interactive lessons By integrating wearable devices with educational platforms teachers can access valuable data to adapt their teaching methods to individual needs while students can benefit from engaging learning opportunities As the education sector embraces these advancements wearable and smart technologies have the potential to create more inclusive adaptive and efficient teaching environments ultimately improving learning outcomes and accessibility Wearable Devices and Smart Technology for Educational Teaching Assistance discusses how to create a sustainable education system for the future generation and how to make the necessary changes To design a curriculum that is sustainable it examines innovative teaching methods the integration of technology and the importance of sustainability when it comes to curricula This book covers topics such as education technology security devices and teacher training and is a useful resource for educators engineers security professionals healthcare workers scientists academicians and researchers

Overview Physical Education Course for International Students. Educational book E. Lubyshev,A. Krasilnikov,2023-12-27 The overview course of lectures is aimed at creating a clear understanding among students of physical culture in the social cross cultural and professional development of individuals taking into account their individual characteristics It contributes to addressing the tasks of the academic discipline Physical Culture Mastery of this course will facilitate the integration of foreign students into the Russian speaking environment

Physical Education Lesson Plans for Classroom Teachers-Grades

4-6 Aeris Publishing, Carol Jahan, 2010-06-01 Lesson plan books for classroom teachers to be able to provide a whole year complete program of physical education for each grade level K 6 All activities are standard based and follow a sequence so classroom teachers can follow the progression without having to spend a lot of time trying to decide what to teach next Each game skill or fitness activity is labeled for its appropriate grade level and the standard it meets so the teacher is confident in providing a program his/her students will enjoy It's all been done for the classroom teacher All he/she has to do is follow the book In print book format and ebook format two editions are available K 3rd Grade and Grades 4 6 About the author Carol Jahan is a physical education specialist with over 20 years experience teaching this complete program of physical education for grades K 6 She has developed and taught these programs and helps classroom teachers by providing lesson plans that are easy to follow and teach She has written these lesson plan books for classroom teachers to follow and also add their own activities through the school year to provide a complete program of physical education for their grade level *PISA 2015 Results (Volume III) Students' Well-Being* OECD, 2017-04-19 The OECD Programme for International Student Assessment PISA examines not just what students know in science reading and mathematics but what they can do with what they know Results from PISA show educators and policy makers the quality and equity of learning outcomes achieved elsewhere and

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