**Heart Rate Lab**

**Objective:** To calculate and graph post-exercise heart rate recovery

**PART I**

* Jog 3 laps continuously
* Count your heart beats for 15 seconds immediately following the exercise (post-exercise HR) and at 1, 2, 3, and 4 minute intervals (recovery HR).
* Calculate your HR in BPM.

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| --- | --- | --- |
| **Heart Rate** | **Beats / 15 s** | **BPM** |
| **RHR** |  |  |
| **Post-Exercise** |  |  |
| **1 minute** |  |  |
| **2 minutes** |  |  |
| **3 minutes** |  |  |
| **4 minutes** |  |  |

**PART II**

Use the graph below to plot your HR for each of the above 6 intervals.

* A steep line from the post-exercise HR to the four minute recovery HR indicates a quick recovery rate and **good** physical condition.
* A gradual line from the post-exercise HR to the four minute recovery HR indicates a slow recovery rate and **poor** physical condition.