

Fitness Worksheet

Activity 1. Resting Blood Pressure

	Blood Pressure (systolic/diastolic), mm Hg				Fitness Points
	Trial 1	Trial 2	Trial 3	Average	
Partner 1					
Partner 2					

Activity 2. Resting Heart Rate

	Number of Beats in 20 seconds	Beats Per Minute	Fitness Points
Partner 1			
Partner 2			

Activity 3. Baroreceptor Response

	Reclining			Standing		Difference	Fitness Points
	20 Seconds	Beats Per Minute	Fitness Points	20 Seconds	Beats Per Minute		
Partner 1							
Partner 2							

Activity 4. Endurance

	Partner 1	Partner 2
Number of Beats in First 15 Seconds		
Beats Per Minute		
Heart Rate Response		
Time Exercise Stopped		
Time Heart Rate Returned to Resting		
Seconds to Return to Resting Heart Rate		
Fitness Points		

Post-Lab Questions *(Answer on a separate sheet of paper.)*

- Calculate the total number of fitness points for each partner.
- Compare the total number of fitness points to the values in the table below. Record the relative cardiac fitness of both partners. *Note:* The value is for experimental purposes only.

Total Fitness Points	Relative Cardiac Fitness
45–60	Excellent
30–44	Good
15–29	Fair
<15	Poor

- Explain why heart rate increases during exercise.
- Explain why high blood pressure is a health concern.