

Skills Worksheet

Concept Review

Section: Planning Your Fitness Program

PART I

Answer the following questions about heart rate.

1. What is RHR? _____
2. Does your regular exercise affect the RHR? _____
3. What is MHR? _____
4. How is the target heart rate zone related to the RHR? _____
5. What is the MHR for a 20-year-old person? _____

PART II

List the five steps in designing a fitness program.

1. _____
2. _____
3. _____
4. _____
5. _____

PART III

Explain why each of these tips can help you stay motivated to exercise.

1. Levels of exercise that are challenging _____
2. Focus with a friend _____
3. Set realistic goals _____
4. Understand that you'll never feel happy _____

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Spots for M.A.T.H.



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STEM 2: Pencil It! Jason Changkyu Kim,2023-04-07 Practice Sheets and Activities

Systems Engineering and Safety Peter J. Glismann,2013-05-01 Enhancing awareness of the interdependence of systems engineering and safety Systems Engineering and Safety Building the Bridge covers systems engineering methodology safety tools and the management needed to build the bridge between these two disciplines It underscores the relationship between the disciplines and how understanding the relationship can benefit your organization and industry The book lays out the purpose of the methodology of systems engineering and the tools of safety It identifies the importance of management and the culture commitment communication and coordination that management must provide The author describes the systems engineering methodology the lifecycle processes and management and the technical processes that systems engineers and safety

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