

Written Assignment: Module 2

Be sure you have read all the assigned material and reviewed the web resources for module before starting the assignment. Students are strongly encouraged to use all supplemental readings, web sites, and learning activities. Once you have completed the assignment, please submit to the designated drop box in Learn@UW.

Please submit your assignment as a Word file. Please set the page to 1 inch margins and use an 11 or 12 pt font (Arial or Times Roman). Be sure to save your assignments with your last name and course number in the file name (e.g. smith_course number).

Exercise Physiology

Calculate your maximum heart rate and then measure your heart rate while you are performing three physical activities. Answer the following questions and submit your work to the dropbox.

Which of the activities meets the intensity guideline to help improve your cardiorespiratory endurance?

How many days per week and for how long should you perform the activity?

		Points Possible	Points Received	Comments
Requirements	Followed assignment requirements of order, typewritten, few errors	3 pts		
	Calculate heart rate-show work	1 pt		
	Participate in three physical activities	1 pt		

	Comprehensively and correctly answered the questions	5 pts		The recommended amount of physical activity for improvement in cardiorespiratory endurance is 20 to 60 minutes of activity at 70% to 94% of maximal heart rate, three to five days per week.
Total Points		10pts		