

# Conversation Class 6

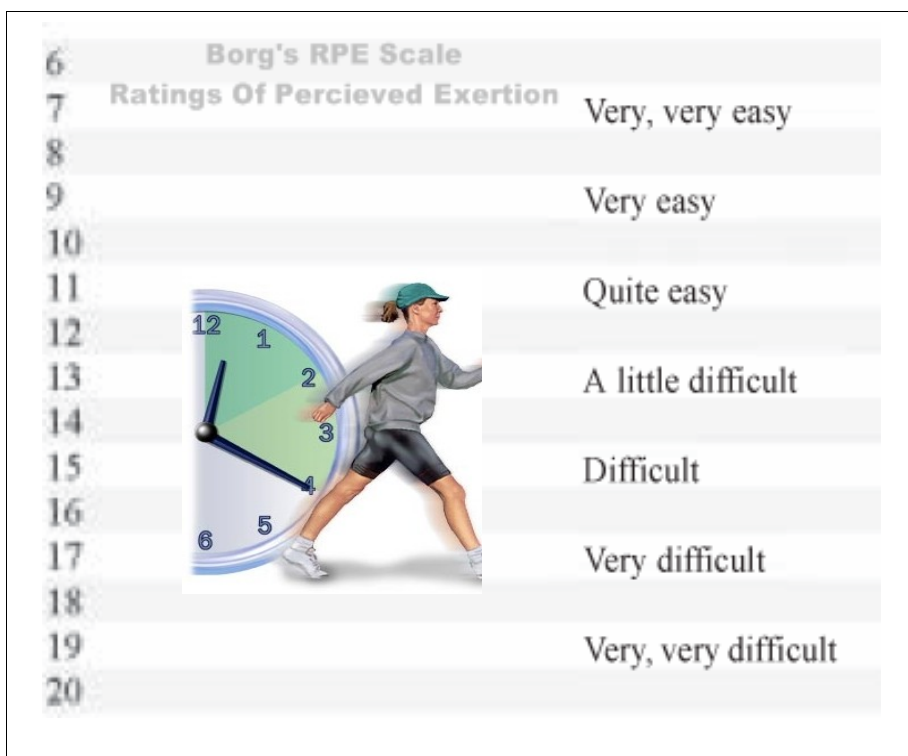
Student & Teacher Notes



## "HEALTH & FITNESS"

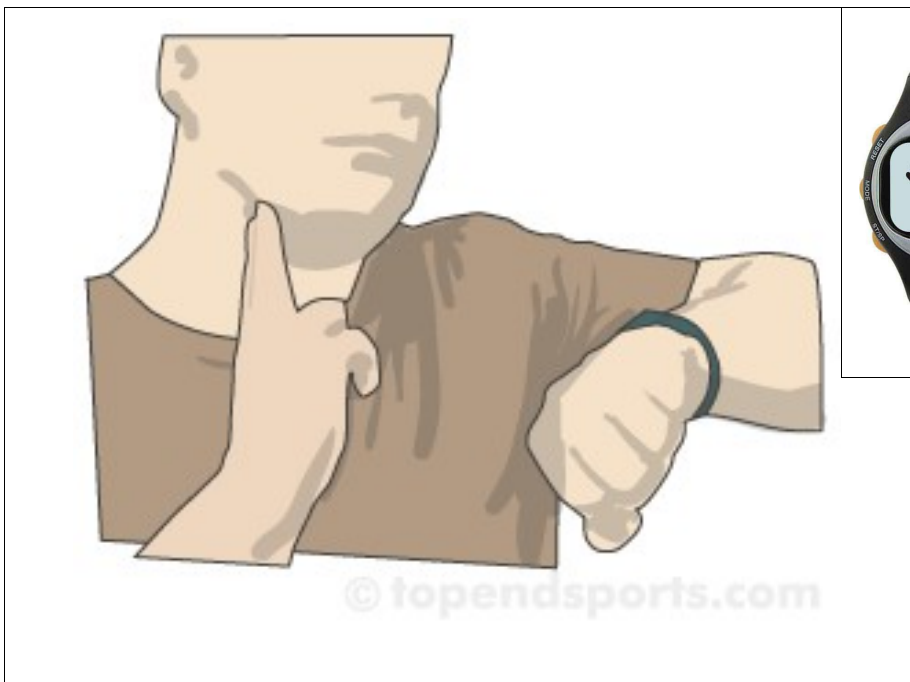
### Questions





- 1). Translate the words **"HEALTH & FITNESS"**
- 2). What do we mean by the word **"DURATION"**
- 3). What do we mean by the word **"INTENSITY"**
- 4). How do we measure intensity?
  - a). Physically
  - b). Psychologically
  
- 5). How do we measure duration?
  - a). With time
- 6). What is Borg's R.P.E. Measurement of Psychological Intensity?



ESCALA RPE DE BORG	
6	Sem nenhum esforço
7	Extremamente leve
8	
9	Muito leve
10	
11	Leve
12	
13	Um pouco intenso
14	
15	Intenso (pesado)
16	
17	Muito intenso
18	
19	Extremamente intenso
20	Máximo esforço

- 7). How do we measure Physical Intensity?  
a). Heart Rate.



Heart Rate Target (10 Second) Count					
					
Age	55%	60%	70%	80%	85%
15	19	21	24	27	29
20	18	20	23	27	28
25	18	19	23	26	28
30	17	19	22	25	27
35	17	19	22	25	26
40	17	18	21	24	26
45	16	18	20	23	25
50	16	17	20	23	24
55	15	17	19	22	23
60	15	16	19	21	23
65	14	16	18	21	22
70	14	15	18	20	21
75	13	15	17	19	21
80	13	14	16	19	20

8). Calculating target heart rate for exercise.

a). Males

$$220 - \text{Age} \times 80\%$$

eg.  $220 - 55 = 165$  Bpm (Steve's Max Heart Rate)  
 $165 \times 80\% = 132$  Bpm

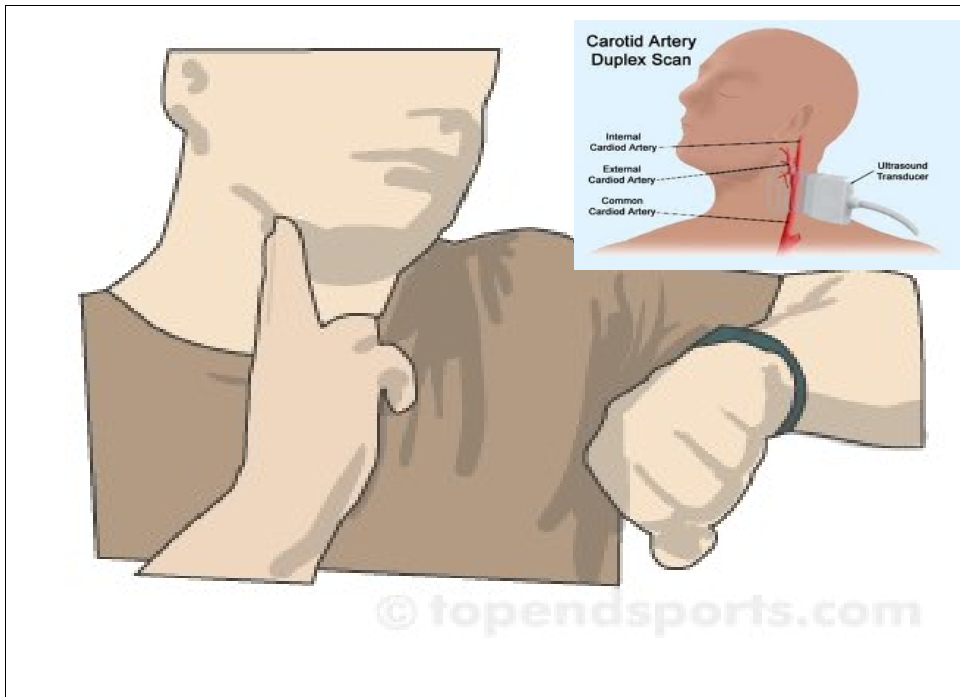
b). Females

$$228 - \text{Age} \times 80\%$$

eg.  $228 - 30 = 198$  Bpm (Max Heart Rate of 30 Year Woman)  
 $198 \times 80\% = 159$  Bpm

**9). Calculating your exercise & resting 10 second heart rate.**

**a). Place your index finger on the carotid artery of your neck.**



**b). Count beats for 10 seconds. Then multiply by 6.  
This is your resting heart rate.**

**Calculating your current exercise heart rate.  
Exactly as above in (9). but while you are working.**

**10). How long do I exercise for?**

**a). Current guidelines are 5 times per week for 30 minutes at an intensity to make you out of breath.**

**New Word Translation List**

<b>English</b>	<b>Portuguese</b>
Burn-off	Queimar
Walking	Caminhada
Running	Corrida
Swimming	natação
Cycling	Ciclismo
Hill-walking	Caminhada em morros
How many	Quantos
Tell me	Diga me
Exercise	Exercício
Duration	Duração
Intensity	Intensidade
Physically	Fisicamente

Psychologically	psicologicamente
Measure	cálculo
Measurement	cálculo
Very	muito fácil
Easy	muito fácil
Difficult	difícil
Physical Intensity	Intensidade física
Heart Rate (BPM)	Taxa de coração
Beats Per Minute	Batimentos por minuto
Calculate	calcular
Calculating	cálculo
Target	Alvo
Men	Homen
Women	Mulheres
10 Second Heart Rate	Dez frequência cardíaca segundo
Index Finger	Dedo indicador
Carotid Artery	Artéria carótida
Neck	Pescoço
Beats	
Count	Contar
Multiply	Multiplicar
Resting Heart Rate	Frequência cardíaca de repouso
Exercise Heart Rate	Exercício Frequência Cardíaca
Exactly	exatamente
How Long	Quanto Tempo
Above	Acima
While	Enquanto
Working	Trabalhar
Current Guidelines	Diretrizes atuais
Make you out of breath.	Começá-lo fora do ar
5 Times per week	5 vezes por semana
30 Minutes duration	30 minutos duração

### Exercise Calorie Values for 20 minutes duration.

ACTIVITY	CALORIES
Leisurely walk (2mph)	59
Dancing	105
Cycling (10mph)	140
Running (5mph)	187
Aerobics	140
Weights	140
Cleaning	82
Driving	35
Swimming (leisurely)	140
Tennis	187
Rowing	200
Golf	93
Circuit Training	187
Skiing	160
Gardening	118
Skipping	100

### The Three Minute Step Test

#### Ratings for Men, Based on Age

	18-25	26-35	36-45	46-55	56-65	65+
Excellent	50-76	51-76	49-76	56-82	60-77	59-81
Good	79-84	79-85	80-88	87-93	86-94	87-92
Above Average	88-93	88-94	92-88	95-101	97-100	94-102
Average	95-100	96-102	100-105	103-111	103-109	104-110
Below Average	102-107	104-110	108-113	113-119	111-117	114-118
Poor	111-119	114-121	116-124	121-126	119-128	121-126
Very Poor	124-157	126-161	130-163	131-159	131-154	130-151

#### Ratings for Women, Based on Age

	18-25	26-35	36-45	46-55	56-65	65+
Excellent	52-81	58-80	51-84	63-91	60-92	70-92
Good	85-93	85-92	89-96	95-101	97-103	96-101
Above Average	96-102	95-101	100-104	104-110	106-111	104-111
Average	104-110	104-110	107-112	113-118	113-118	116-121
Below Average	113-120	113-119	115-120	120-124	119-127	123-126
Poor	122-131	122-129	124-132	126-132	129-135	128-133
Very Poor	135-169	134-171	137-169	137-171	141-174	135-155

Notes