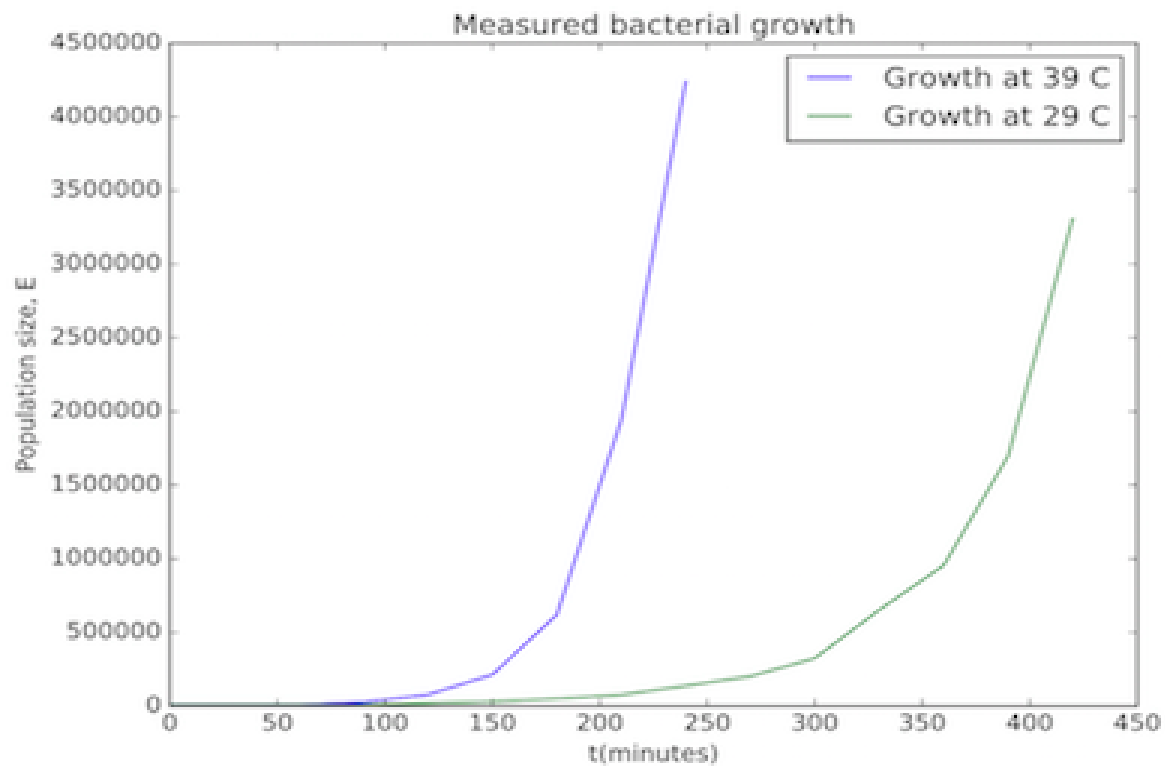


Læringsmål for i dag

- kunne plotte to dataset i samme figur
- kunne lage boxplots
- forstår forskjellen mellom noen datatyper
- kunne bruke python for enkle beregninger

Bakteriell vekst



Kursets webside

<https://github.com/lexnederbragt/bios1100-test>

Maximum heart rate rule-of-thumb

$$\text{HR}_{\text{max}} = 220 - \text{age}$$

The target heart rate for a specific intensity

multiply the maximum heart rate with the given intensity

$$\text{HR}_{\text{target}} = \text{HR}_{\text{max}} \times \text{intensity} = (220 - \text{age}) \times \text{intensity}$$