

تكليف مادة النظم القائمة علي المعرفة

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السكشن : 3

الرقم السري : QRKXX1P7

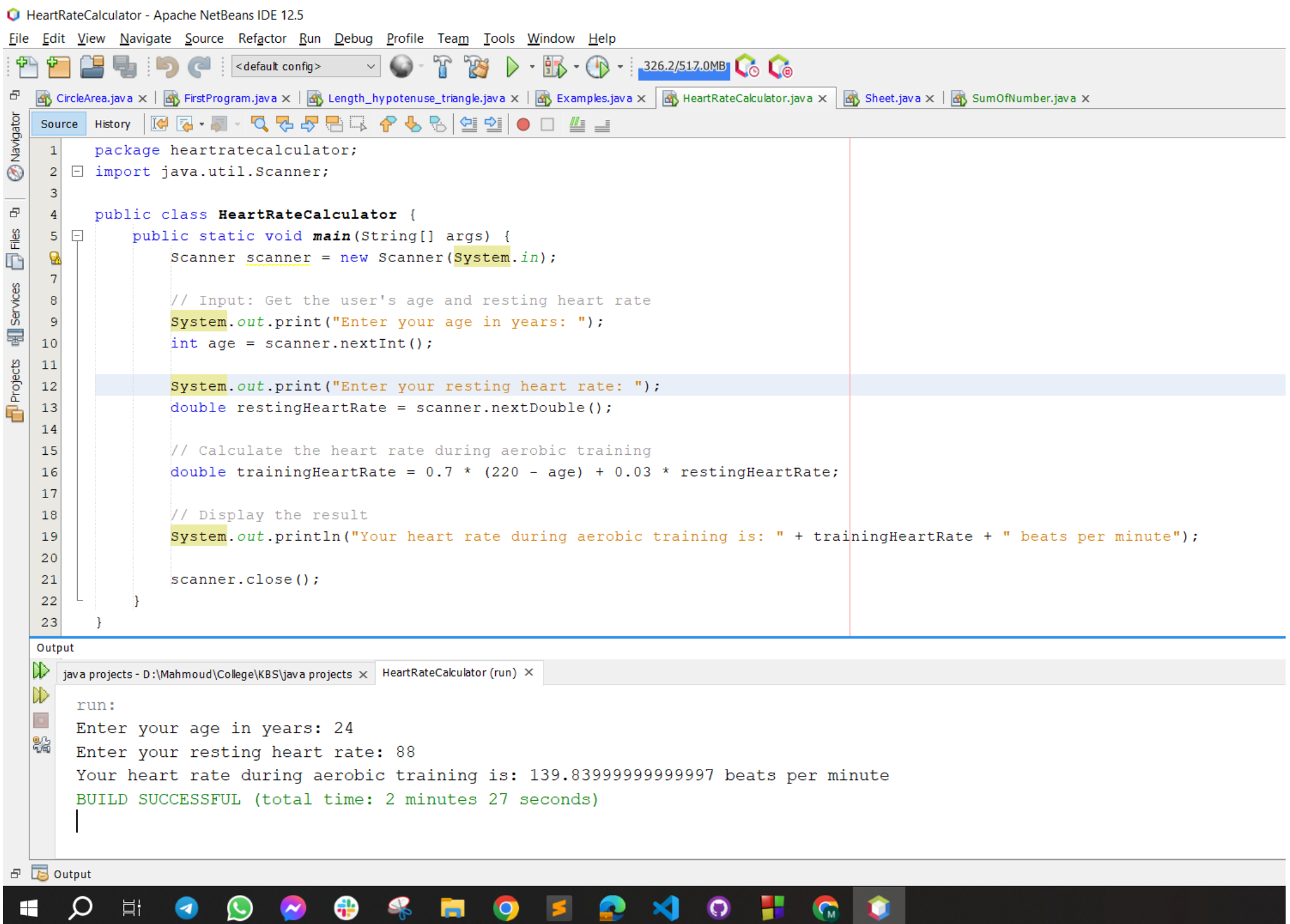
تكليف المحاضرة

اكتب برنامجًا لحساب معدل ضربات القلب أثناء التدريب الهوائي باستخدام المعادلة

$$T = 0.7(220 - a) + (.03 * r)$$

a = عمرك بالسنوات

r = معدل ضربات القلب أثناء الراحة



The screenshot displays the Apache NetBeans IDE 12.5 interface. The main editor window shows the source code for the `HeartRateCalculator` class. The code is as follows:

```
1 package heartratecalculator;
2 import java.util.Scanner;
3
4 public class HeartRateCalculator {
5     public static void main(String[] args) {
6         Scanner scanner = new Scanner(System.in);
7
8         // Input: Get the user's age and resting heart rate
9         System.out.print("Enter your age in years: ");
10        int age = scanner.nextInt();
11
12        System.out.print("Enter your resting heart rate: ");
13        double restingHeartRate = scanner.nextDouble();
14
15        // Calculate the heart rate during aerobic training
16        double trainingHeartRate = 0.7 * (220 - age) + 0.03 * restingHeartRate;
17
18        // Display the result
19        System.out.println("Your heart rate during aerobic training is: " + trainingHeartRate + " beats per minute");
20
21        scanner.close();
22    }
23 }
```

The output window at the bottom shows the execution results:

```
run:
Enter your age in years: 24
Enter your resting heart rate: 88
Your heart rate during aerobic training is: 139.83999999999997 beats per minute
BUILD SUCCESSFUL (total time: 2 minutes 27 seconds)
```