Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food and Nutrition 103

Assignment #4: Exercise at Lambright Sports and Wellness Center

Instructions: Read the Exercise PowerPoint on Moodle. This will help you answer the questions below. Go to Lambright Sports and Wellness Center. Student ID is required. Become familiar with the facility and the services provided. Perform a physical activity of your choice and answer the following questions.

1. What physical activity did you do and for how long?
2. Where was it located in Lambright?
3. Did you perform aerobic exercise or anaerobic exercise? Or both?
4. What is your calculated Maximum Heart Rate (MHR)?

I am 23 years old, so my MHR is:

220 – 23 = 197

1. What was your heart rate during exercise?
2. Estimate how many Calories you burned.