

**4<sup>th</sup> Summit**  
**February Healthy Heart Month Homework Project**  
 Due Monday March 1, 2016

**Overview:** February is Healthy Heart Month. The American Heart Association states that, “Someone dies of heart disease in the United States every 85 seconds. Don’t wait to get heart healthy. For this project you will learn about your heart and how to take care of your heart by making conscious food choices and exercising.

**Directions:** For this project, you will make a *Healthy Heart Book*. Carefully complete each step below and add them to your big book. Don’t staple the pages in your book, because we are going to add more pages to your big book at school during the month of February and March.

**Step #1: Design a cover for your *Healthy Heart Book*.** The folded poster you got in class is the cover page for your big book. Title your book *My Healthy Heart Book*. You can illustrate your cover with images that shows your idea of healthy heart activities or concepts. For example, people who are exercising, people showing kindness, people eating healthy, etc.

**Step #2: Draw a diagram of the human heart on the white paper, which can be found on the inside your book. Label your heart diagram with the vocabulary words listed below.** Be sure to show how the blood flows in and out of the heart. Finally, color your diagram and neatly label it using a black fine tip pen or type out the words and cut them out for labels. First use scratch paper and then make your final drawing on the white paper.

**Step #3:** On a separate sheet of paper write out the definitions in your best handwriting for the following words:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>○ <i>aorta</i></li> <li>○ <i>right atrium</i></li> <li>○ <i>right ventricle</i></li> <li>○ <i>septum</i></li> <li>○ <i>mitral valve</i></li> </ul> | <ul style="list-style-type: none"> <li>○ <i>pulmonary artery</i></li> <li>○ <i>left atrium</i></li> <li>○ <i>left ventricle</i></li> <li>○ <i>aortic valve</i></li> <li>○ <i>pulmonary valve</i></li> </ul> |
|---|---|

**Step #4: Heart Fun Fact Page:** Make a fun fact page about the human heart. You need to find from 10 to 20 facts about the heart. You may type this page. This time you do not have to cite your resources.

○ **Step #5: Exercise for a Healthy Heart and record your physical activity for four weeks:** Pick one, two, three, four, or five different exercises or activities that promote a healthy heart that you will enjoy doing during the month of February. For example, jumping rope, walking, running, playing a sport, yoga, etc. Try doing an activity or a combination of activities for at least 60 minutes a day – for a week – seven days. However, you will get to select your weekly exercise goal. To get a 4 your fitness goal needs to be to get an hour of exercise a day, seven days a week, for a month. To get a 3, you will need to exercise at least four to five times a week for at least 30 minutes to an hour each time. Next, be sure to record your progress on the attached chart. You will record your beginning heart rate (your heart rate before you exercise) and your ending heart rate (your heart rate after you exercise). You will bring this data to class to use for graphing.

**Resources:** Use these two websites as resources:

- National Heart Lung and Blood Institute  
<http://www.nhlbi.nih.gov/health/health-topics/topics/hhw/contraction.html>
- American Heart Association  
<http://www.heart.org/HEARTORG/>

# Your Pulse and Your Target Heart Rate

## What is your pulse?

Your pulse is your heart rate, or the number of times your heart beats in one minute. Pulse rates vary from person to person. Your pulse is lower when you are at rest and increases when you exercise (because more oxygen-rich blood is needed by the body when you exercise).

Knowing how to take your pulse can help you evaluate your exercise program.

## How to take your pulse:

**1.** Place the tips of your index, second, and third fingers on the palm side of your other wrist, below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck, on either side of your windpipe. (See the illustrations to the right.)



**2.** Press lightly with your fingers until you feel the blood pulsing beneath your fingers. You might need to move your fingers around slightly up or down until you feel the pulsing.

**3.** Use a watch with a second hand, or look at a clock with a second hand.

**4.** Count the beats you feel for 10 seconds. Multiply this number by six to get your heart rate (pulse) per minute.

Check your pulse: \_\_\_\_\_ x 6 = \_\_\_\_\_  
(beats in 10 seconds) (your pulse)

What is a normal pulse?	
Age Group	Normal Heart Rate at Rest
Children (ages 6-15)	70-100 beats per minute
Adults (age 18 and over)	60-100 beats per minute



Student's Name: \_\_\_\_\_

My Weekly Exercise goal is to exercise for \_\_\_\_\_ days a week for \_\_\_\_\_ minutes

**Physical Activity/Heart Rate Chart**

	Name of Activity	Starting Heart Rate	Ending Heart Rate	Amount of Time Exercised
<b>Week #1</b>				
2/1 Monday				
2/2 Tuesday				
2/3 Wednesday				
2/4 Thursday				
2/5 Friday				
2/6 Saturday				
2/7 Sunday				
<b>Week #2</b>				
2/8 Monday				
2/9 Tuesday				
2/10 Wednesday				
2/11 Thursday				
2/12 Friday				
2/13 Saturday				
2/14 Sunday				
<b>Week #3</b>				
2/15 Monday				
2/16 Tuesday				
2/17 Wednesday				
2/18 Thursday				
2/19 Friday				
2/20 Saturday				
2/21 Sunday				
<b>Week #4</b>				
2/22 Monday				
2/23 Tuesday				
2/24 Wednesday				
2/25 Thursday				
2/26 Friday				
2/27 Saturday				
2/28 Sunday				
2/29 Monday				

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

**Healthy Heart Book Rubric!**  
**“This is How I Sharpened the Saw”**

	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
	<b>Exceeding expectations</b>	<b>Meeting expectations</b>	<b>Almost there – fix and repair.</b>	<b>Oops! Please start over.</b>
Healthy Heart Book Cover	<ul style="list-style-type: none"> <li>○ My book cover has a title and the author's name (my name)</li> <li>○ My illustration is imaginative.</li> <li>○ My illustration is related to the theme "Having a Healthy Heart."</li> <li>○ I put a lot of effort into my drawing.</li> <li>○ My writing is neat.</li> <li>○ My final product is colorful, imaginative and shows excellent effort.</li> <li>○ I used a fine tip Sharpie to outline my title and drawing.</li> </ul>	<ul style="list-style-type: none"> <li>○ My book as a title and the author's name (my name)</li> <li>○ I put a lot of effort into my drawing.</li> <li>○ My writing is neat.</li> <li>○ The final product is colorful, imaginative and shows excellent effort.</li> </ul>	<p>I only did some of the following. Check what you did.</p> <ul style="list-style-type: none"> <li>○ My book as a title and the author's name (my name)</li> <li>○ I put a lot of effort into my drawing.</li> <li>○ The writing is neat.</li> <li>○ I colored my book,</li> <li>○ My drawing is imaginative and shows excellent effort.</li> </ul>	Incomplete
Diagram of Human Heart	<ul style="list-style-type: none"> <li>○ I included a title</li> <li>○ I drew a neat diagram of the heart</li> <li>○ My diagram clearly shows how the heart pumps blood, carrying oxygen from the lungs, and nutrients from food.</li> <li>○ Heart is colored.</li> <li>○ I used a fine tip pen to outline my labels and diagram.</li> <li>○ My labels are written neatly or typed, and I spelled correctly</li> </ul>	<ul style="list-style-type: none"> <li>○ I included a title</li> <li>○ I drew a diagram of the heart</li> <li>○ My diagram clearly shows how the heart pumps blood, carrying oxygen from the lungs, and nutrients from food.</li> <li>○ Heart is colored.</li> <li>○ I used a fine tip pen to outline my labels and diagram.</li> <li>○ My labels are written neatly and I spelled correctly</li> </ul>	<p>I only did some of the following. Check off what you did.</p> <ul style="list-style-type: none"> <li>○ I included a title</li> <li>○ I drew a neat diagram of the heart</li> <li>○ My diagram clearly shows how the heart pumps blood, carrying oxygen from the lungs, and nutrients from food.</li> <li>○ Heart is colored.</li> <li>○ I used a fine tip pen to outline my labels and diagram.</li> <li>○ My labels are written neatly and spelled correctly</li> </ul>	Incomplete
Heart Fun Fact Page	<ul style="list-style-type: none"> <li>○ I added 15 to 20 fun facts about the human heart that are factual.</li> </ul>	<ul style="list-style-type: none"> <li>○ I added 10 to 15 fun facts about the human heart that are factual.</li> </ul>	<ul style="list-style-type: none"> <li>○ I only added 7 to 9 fun facts about the human heart that are factual.</li> </ul>	○ Incomplete
Heart Rate Chart	<ul style="list-style-type: none"> <li>○ I exercised for an hour a day, 7 days a week for four weeks.</li> </ul>	<ul style="list-style-type: none"> <li>○ I exercised for four weeks at least five times a week and tracked my exercise progress.</li> <li>○ I exercised at least 30 minutes to an hour each time.</li> </ul>	<ul style="list-style-type: none"> <li>○ I exercised, but it was less than five days a week,</li> <li>○ I did not track my progress.</li> </ul>	<ul style="list-style-type: none"> <li>○ I did not exercise and or</li> <li>○ I did not track my exercise progress.</li> </ul>

