

To good health

LINKS TO:

Stage 3, Module 11

 Learning Object 2: *Healthy living day*

Exercise 1

Answers

1.1 What test did Peter and Mr Smart undergo?

Both Mr Smart and Peter have undergone a resting heart-rate test.

1.2 Based on his result, do you think Mr Smart should be concerned? Give reasons for your answer.

Based on the information from the health check-up results, I think Mr Smart should be a bit concerned about having a resting heart rate of 86 beats per minute because an adult of his age should not have more than 76 beats per minute.

1.3 Compare Mr Smart's results with Peter's. Who is the healthier of the two based on these test results?

Peter's results are better than Mr Smart's since Peter's resting heart rate of 70 beats per minute is within the average/healthy range.

1.4 What factors do you think have influenced their results?

Some of the factors that have influenced both Peter and Mr Smart's results could be age, occupation, stress level and eating habits.

Exercise 2

Answers:

2.1 What is the second health test?

During the second part of the free health check-up, Mr Smart and Peter had their heart rate tested during exercise.

2.2 Do the results from this test show any trends? Use information from the results to support your answer.

The results from this test show that the heart rate increases with the intensity of the physical activity for both Mr Smart and Peter.

2.3 Based on the information from this test, do you think Mr Smart should be concerned? Give reasons for your answer.

Based on the information from the health check-up results, I think that Mr Smart should be concerned because his heart rate is constantly too high even during low-level physical activities.

2.4 How do Mr Smart's and Peter's results compare?

Peter's results are once again better than his father's because his heart rate during different physical activities is consistent and within the average range.

Exercise 3

Answers:

3.1 Di mana letaknya jantung Anda?

a) di bagian tengah dada Anda

3.2 Berat rata-rata jantung pria adalah:

c) sekitar 300 gram

3.3 Berat rata-rata jantung wanita adalah:

b) sekitar 200 gram

3.4 Kegiatan yang mana akan membuat jantung Anda berdetak lebih cepat?

c) berenang

3.5 Detak jantung Anda memberitahu Anda:

a) seberapa cepat jantung Anda berdetak

3.6 Saat beristirahat, detak jantung Anda:

a) lebih rendah daripada saat berolahraga

3.7 Menurut Yayasan Jantung Australia (Australia Heart Foundation), orang perlu melakukan:

a) latihan fisik moderat-intens paling sedikit 30 menit atau lebih setiap hari

Exercise 4

Answers:

4.1 Gunakan informasi dari Latihan 2 untuk menghitung berapa kali jantung Mr Smart akan berdetak selama kegiatan:

membaca selama 10 menit	950 detak
berdiri selama 1 jam	5.700 detak
berjalan perlahan-lahan selama 5 jam	33.900 detak
skipping selama 6 menit	864 detak
joging selama 35 menit	5.495 detak

4.2 Jantung memompa rata-rata 60 ml darah per detakan. Gunakan informasi dari Latihan 2 untuk menghitung berapa liter darah yang dipompa jantung Mr Smart selama kegiatan:

berdiri selama 1 menit	5,7 liter
berlari cepat selama 30 detik	4,71 liter
berjalan perlahan-lahan selama 2 jam	813,6 liter
joging selama 1 jam	565,2 liter
duduk selama 3 jam	1.004,4 liter