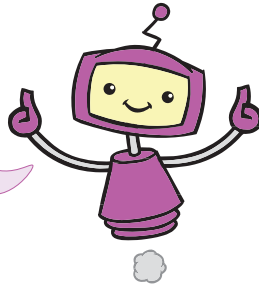


To good health

I think I'll go for a check-up myself. A nice little service would do me the world of good. I can find out if there are any problems with my system, get the latest upgrades and be whizzing about as good as new in no time. I wonder how the Smarts went? Did they get an A+ for their health and fitness? Let's find out ...



LINKS TO:

Stage 3, Module 11
Learning Object 2: *Healthy living day*

PRIOR LEARNING:

Stage 2
Module 13 Work Sheet 3: *A lightbulb moment*

1 It's just average

In Learning Object 2, *Healthy living day*, the Smarts decided to attend a 'healthy living day' at the local health spa. At the spa, the Smarts visited the health check-up desk where they took a variety of tests. By using the various charts and tables, they've been able to work out whether their results are above or below the average.

When talking about averages, *di atas* (above) is used to state that a value is above average, and *di bawah* (below) is used to state that a value is below average.

Di atas and *di bawah* are more commonly used as locative nouns.

➔ For example:

*Tinggi badan ibu **di bawah** kisaran rata-rata untuk kaum wanita.*

Mum's height is **below the average** height range for females.

*Tingkat kebugaran Peter **di atas** kisaran rata-rata untuk umurnya*

Peter's fitness is **above the average** range for his age.

2 Let's get to the point

In your previous work on numbers in *New Land, New Language* you have learned that Indonesian numbers in the thousands or greater use a decimal point rather than a comma to separate thousands.

➔ For example:

5.000.000

5,000,000

When expressing decimals in Indonesian, the decimal point is replaced by a *koma* (comma).

➔ For example:

0,75 (*nol koma tujuh lima*)

0.75 (point seven five)

Exercise 1

Below are Mr Smart's and Peter's results from the health check-up. Study the information in the charts and then complete the exercises that follow.

Nama:	Michael Smart
Usia:	46 tahun
Pekerjaan:	Insinyur logistik
Detak jantung istirahat:	86 detak per menit

Nama:	Peter Smart
Usia:	15 tahun
Pekerjaan:	siswa SMP
Detak jantung istirahat:	70 detak per menit

Tabel detak jantung istirahat

Usia	18–25	26–35	36–45	46–55	56–65	65+
Atlet	49–55	49–54	50–56	50–58	51–56	50–55
Sangat baik	56–61	55–61	57–62	59–63	57–61	56–61
Baik	62–65	62–65	63–66	64–67	62–67	62–65
Di atas rata-rata	66–69	66–70	67–70	68–71	68–71	66–69
Rata-rata	70–73	71–74	71–75	72–76	72–75	70–73
Di bawah rata-rata	74–81	75–81	76–82	77–83	76–81	74–79
Kurang baik	82+	82+	83+	84+	82+	80+

Bagan detak jantung: Bayi sampai Dewasa

Usia	Detak per menit
Bayi sampai usia 1 tahun	100–160
Anak berusia 1 sampai 10 tahun	60–140
Anak berusia 10+ tahun dan dewasa	60–100
Atlet	40–60

1.1 What test did Peter and Mr Smart undergo?

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

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

1.4 What factors do you think have influenced their results?

Exercise 2

Below are Mr Smart's and Peter's results from a different health test. Again, study their results and then complete the exercises that follow.

Kegiatan	Pak Smart Detak jantung per menit	Peter Smart Detak jantung per menit
Duduk	93	77
Berdiri	95	79
Berjalan perlahan-lahan	113	95
Berjalan cepat	143	105
Joging	157	120
Berlari cepat	187	140
Skipping	144	116
Membaca	95	78

Sasaran detak jantung selama latihan

Usia	Per menit
15	123–164
20	120–160
25	117–156
30	114–152
35	111–148
40	108–144
45	105–140
50	102–136
55	99–132
60	96–128
65	90–120
70	90–120
75	87–116

2.1 What is the second health test?

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

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

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

Exercise 3



I wonder how much you have learned about human health. Let's find out ...

Complete the following quiz on health and fitness.

3.1 Di mana letak jantung Anda?

- a) di bagian tengah dada Anda
- b) pada sisi kanan dada Anda
- c) pada sisi kiri dada Anda

3.2 Berat rata-rata jantung pria adalah:

- a) sekitar 150 gram
- b) sekitar 200 gram
- c) sekitar 300 gram

3.3 Berat rata-rata jantung wanita adalah:

- a) sekitar 150 gram
- b) sekitar 200 gram
- c) sekitar 300 gram

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

- a) berbaring
- b) duduk di kursi
- c) berenang

3.5 Detak jantung Anda memberitahu Anda:

- a) seberapa cepat jantung Anda berdetak
- b) seberapa cepat Anda berlari
- c) berapa umurmu

3.6 Saat beristirahat, detak jantung Anda:

- a) lebih rendah daripada saat berolahraga
- b) sama seperti saat berolahraga
- c) lebih tinggi dibandingkan 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
- b) latihan fisik moderat-intens paling sedikit 45 menit atau lebih setiap hari
- c) latihan fisik moderat-intens paling sedikit 1 jam atau lebih setiap hari

Exercise 4

Use the results of the health check-up tests in Exercises 1 and 2 to calculate the following:

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

membaca selama 10 menit	
berdiri selama 1 jam	
berjalan perlahan-lahan selama 5 jam	
skipping selama 6 menit	
joging selama 35 menit	

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	
berlari cepat selama 30 detik	
berjalan perlahan-lahan selama 2 jam	
joging selama 1 jam	
duduk selama 3 jam	