



Heart Tech Plus System:

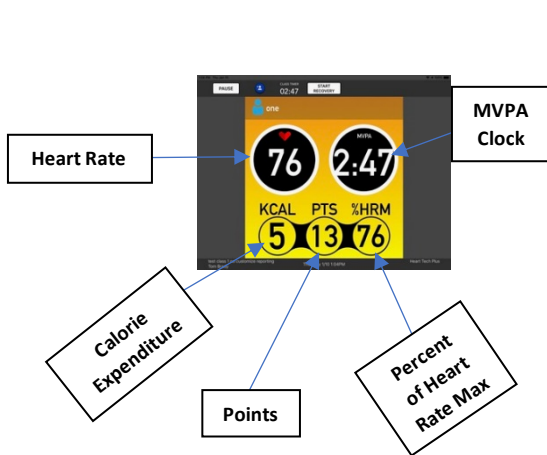


System Overview:

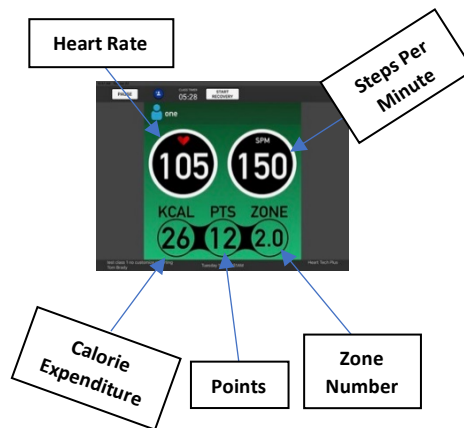
Zone:	Percent of Maximum Heart Rate (MHR):	Zone Color:	MVPA?	Points/Minute:
0	Below 40% of MHR	Gray	No	0
1	40%-50% of MHR	Blue	No	1
2	50%-60% of MHR	Green	No	2
3	60%-75% of MHR	Yellow	Yes	3
4	75%-90% of MHR	Orange	Yes	4
5	Above 90% of MHR	Red	Yes	5

Overview of Tiles:

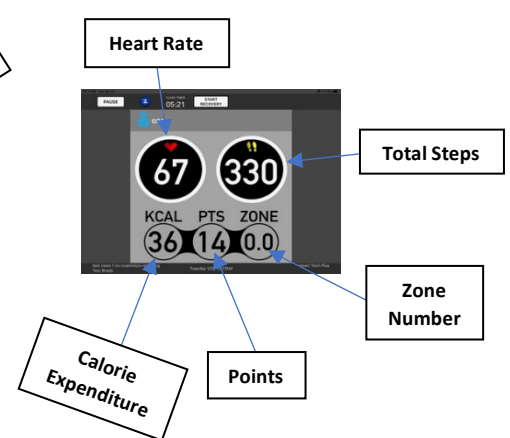
Heart Rate & MVPA:



Heart Rate & Steps Per Minute:



Heart Rate & Steps:



What is MVPA?

- MVPA stands for Moderate to Vigorous Physical Activity. Centers for Disease Control and Prevention (CDC) states that The Physical Activity Guidelines for Americans, 2nd edition recommend that children and adolescents ages 6 to 17 years do 60 minutes or more of moderate to vigorous physical activity daily.
- With the Heart Tech Plus system, the MVPA clock will run when individuals exercise in the yellow, orange, and/or red zones.
- The MVPA clock will not run when individuals exercise in the gray, blue, and/or green zones. This is student friendly and easy for students (and teachers) to track throughout the class period.
- SHAPE (Society of Health and Physical Educators) America recommends that students be active at the moderate to vigorous level at least 50% of the time during class.

Points System:

- With the Heart Tech Plus system, students are able to earn points throughout the class period. This can increase student motivation and allows students to understand the importance of monitoring their heart rate and tracking their progress.
- The points system can create friendly competition and allows students to see their progress throughout the semester. Students earn points every minute.
- Blue is 1 point/minute, green is 2 points/minute, yellow is 3 points/minute, orange is 4 points/minute, and red is 5 points/minute.

