

### Bell Work

1. Which matrix represents the data in the table?

Jackets Sold		
Leather	25	18
Silk	7	13
Wool	15	10

A.  $\begin{bmatrix} 25 & 18 & 7 \\ 13 & 15 & 10 \end{bmatrix}$       C.  $\begin{bmatrix} 25 & 18 \\ 13 & 7 \\ 10 & 15 \end{bmatrix}$

B.  $\begin{bmatrix} 25 & 18 & 43 \\ 7 & 13 & 20 \\ 15 & 10 & 15 \end{bmatrix}$       D.  $\begin{bmatrix} 25 & 18 \\ 7 & 13 \\ 15 & 10 \end{bmatrix}$

2. If the dimensions of matrix A are 4 by 2 and the dimensions of matrix B are 3 by 4, what are the dimensions of the product of matrix B x A?

A. 4 by 4      C. 3 by 2  
 B. 3 by 4      D. 2 by 3

Oct 9-7:44 AM

### How many times do you think the average person's heart beats per minute?

80 bpm      87 bpm      70 bpm

Oct 9-8:03 AM

### Approximately how many times would your heart beat while running a 5K race? What's a number that's too high? What's a number that's too low?

too high  
140 bpm
too low  
80 bpm

Oct 9-8:03 AM

### How would you measure your heart rate?

beats per minute  
bpm

Oct 9-8:03 AM

### How could you get a quick estimate of your heart rate?


feel your pulse

Oct 9-8:03 AM

### How would you get a more accurate reading of your heart rate?

Oct 9-8:03 AM

**Get into groups of 3 or 4.**  
**Each person needs a piece of paper!**



Oct 9-8:12 AM

# beats per minute

1. \_\_\_\_\_ beats in # years
2. # of times = \_\_\_\_\_ days
3. # of times = \_\_\_\_\_ minutes  
 \_\_\_\_\_ hours  
 \_\_\_\_\_ days

# = the number on your card

Oct 9-9:56 AM

<p>Jenna's heart rate is 60 beats per minute.</p> <ol style="list-style-type: none"> <li>1. If this is her average heart rate, how many times will her heart beat in 30 years?</li> <li>2. If Jenna's heart beat 604,800 times, how many full days would have elapsed?</li> <li>3. If Jenna's heart beat 747,533 times, how much time has elapsed? Give your answer in days, hours and minutes. (Round to the nearest minute.)</li> </ol>	<p>Bob's heart rate is 72 beats per minute.</p> <ol style="list-style-type: none"> <li>1. If this is his average heart rate, how many times will his heart beat in 25 years?</li> <li>2. If Bob's heart beat 604,800 times, how many full days would have elapsed?</li> <li>3. If Bob's heart beat 747,533 times, how much time has elapsed? Give your answer in days, hours and minutes. (Round to the nearest minute.)</li> </ol>
<p>Ava's heart rate is 65 beats per minute.</p> <ol style="list-style-type: none"> <li>1. If this is her average heart rate, how many times will her heart beat in 10 years?</li> <li>2. If Ava's heart beat 604,800 times, how many full days would have elapsed?</li> <li>3. If Ava's heart beat 747,533 times, how much time has elapsed? Give your answer in days, hours and minutes. (Round to the nearest minute.)</li> </ol>	<p>Caiden's heart rate is 70 beats per minute.</p> <ol style="list-style-type: none"> <li>1. If this is his average heart rate, how many times will his heart beat in 40 years?</li> <li>2. If Caiden's heart beat 604,800 times, how many full days would have elapsed?</li> <li>3. If Caiden's heart beat 747,533 times, how much time has elapsed? Give your answer in days, hours and minutes. (Round to the nearest minute.)</li> </ol>

Oct 9-11:10 AM

INCLUDED IN THE STUDENT MANUAL

**Task #1: Heart Rate Closing Activity**

1. Find your pulse and count how many times it beats in 15 seconds.
2. Run (in place if necessary) for 2 minutes. Now take your pulse for 15 seconds. Record your result.
3. At this rate, how long would it take for your heart to beat 700,000 times? Express your answer in days. Now express your answer in days, hours, minutes, and seconds. (example: 2 days, 4 hours, 21 minutes, 15 seconds)
4. You are training for a 5K race. This morning you ran 8 miles in 1 hour. If you run the race at this speed, how many minutes will it take you to run a 5K race?

Oct 9-8:21 AM

INCLUDED IN THE STUDENT MANUAL

**Task #2: Heart Rate Extension Activity**

Find a person 30 years old or older and record his/her approximate age.

- a. Measure his/her pulse for 15 seconds. What would it be in 1 minute?
- b. Have the person run in place for 2 minutes. Now take his/her pulse again for 15 seconds. What would it be in 1 minute?
- c. How many times would that person's heart beat if he/she ran a 5K race? (If you don't have a rate at which this person runs, assume the person can average 6 mph during the race.)

Research to find a table of values for healthy heart rates to find out if your heart rate and the other person's heart rate are healthy.

Oct 9-8:23 AM