

Name \_\_\_\_\_

Date \_\_\_\_\_

# How Fast is Fast?

## Activity Sheet

Document D



### CALCULATING CADENCE

1. Designate each of the members of the group as time keeper, recorder, and walker.
2. Each walker should weigh without a backpack. Then, a walker should record weight with a backpack carried on the back. Subtract the two values to determine the weight of the pack. Have a recorder document the weight of the backpack.
3. Time the walker moving at a "casual pace" for 100 feet. Repeat the exercise carrying the backpack. Record the time. Time and record the pulse rate of the walker after 15 seconds.
4. Repeat step 3 with a moderate increase in pace. Record the values.
5. Repeat Step 4 at a rapid pace. Record the values.
6. Subtract the values from each step.

	Without Backpack	With Backpack	Time Difference	Pulse Rate without Backpack	Pulse Rate with Backpack	Pulse Rate Difference
Casual Pace						
Moderate Pace						
Rapid Pace						

Weight of Backpack \_\_\_\_\_