

THE HONG KONG POLYTECHNIC UNIVERSITY
HONG KONG COMMUNITY COLLEGE

Subject Title : Healthy Living and Common
Health Problems

Subject Code : CCN1015

Session : Semester Two, 2013/14

Numerical Answers

Question B3

Max heart rate= $220 - 20$
= 200 beats per minute
Target HR zone= 50-85% of max
= $200 \times 85\%$ to $200 \times 50\%$
= 100-170 beats per minute