

Get Your Motor Running

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Abstract

This paper explains an experiment I conducted where I tested different paces and distances to see how heart rate and calories responded. Heart rate is the amount of times the heart beats in one minute. Calories are the amount of energy exerted by the body when using fuel. Heart rate and factors that affect it, such as time of day and temperature, are described in the background as well as formulas to calculate the amount of calories that one needs to be healthy. From my data I reached the conclusion that pace is the main aspect. At faster paces and set time intervals the heart rate increases. If a consistent pace is kept calories are burned in a linear relationship, but if distance is consistent and pace differs then calories differ. Pace determines how fast one's heart beats and how many calories one burns.

Keywords: Heart rate, calories