

Functional Skills ICT Assessment



Level 1 Pre-release materials. Exemplar

Pre-release materials can provide candidates with sufficient time to understand the nature of particular assessment contexts or scenarios.

Training Zone Heart Rate Calculator

Enter your age and Resting Heart Rate

Age **50** yrs

Resting Heart Rate **70** beats per minute

Maximum Heart Rate **172** beats per minute

Working Heart Rate **102** beats per minute

Training Zones	Heart Rate	Objectives
60%	131	Fat burning and re-energise *glycogen stores
70%	141	Develop oxygen transportation systems
80%	151	Improve **lactic acid threshold
85%	156	Lactic threshold
90%	161	Speed

*Glycogen is fuels stored by the body.

**Exercise produces lactic acid in the muscles.

[For more details on this topic please select this link](#)