**C:\Users\Jed\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6LE2J3ZU\MCj03330960000[1].wmfC:\Users\Jed\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VO7EAM6Q\MCj04062600000[1].wmf**

**OUT OF CLASS ASSIGNMENT**

**Version 2.0**

Use the following process to determine the amount of calories that need to be burned off in excess of your recommended daily caloric value compared with your basal metabolic rate.

1. Go to the [New Food Guide Pyramid Site](http://www.mypyramid.gov/mypyramid/index.aspx) and fill in your information to find a relatively personal daily caloric value based on your personal height, weight and gender. List your recommended daily calories.
2. Go to the [Basal Metabolic Rate (BMR) site](http://health.discovery.com/centers/heart/basal/basal.html) to find your Basal Metabolic Rate (the amount of calories you use at rest). List that value below.
3. Subtract the recommended caloric value (value from # 1) from the BMR (value from # 2) to find the amount of extra calories that need to be worked off through basic exercise.
4. Using the chart below, list activities and times in minutes for each that would equate for the extra calories you intake based difference from question #3.

(Over)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Calories Burned per Minute of Activity | | | | | | | | |
| Archery | 4.5 |  | Baseball | 4.7 |  | Basketball | 7.0 |  |
| Golf | 3.7 |  | Shooting B-ball | 4.8 |  | Field Hockey | 7.0 |  |
| Riflery | 4.5 |  | Bowling | 7.0 |  | Gymnastics | 13 |  |
| Fishing | 4.0 |  | Cheerleading | 5.0 |  | Soccer | 9.0 |  |
| Wiffleball | 4.7 |  | Dancing | 4.2 |  | Swimming | 6.0 |  |
| Kite-flying | 4.8 |  | Football | 13 |  | Dance Class | 5.5 |  |
| Chores | 3.8 |  | Martial Arts | 13 |  | Jogging | 10 |  |
| Billiards | 1.8 |  | Tennis | 7.0 |  | Track-Running | 16 |  |
| Ping Pong | 4.7 |  | Track/Field Events | 6.7 |  | Physical Labor | 6.7 |  |
|  |  |  | Volleyball | 3.5 |  | Skating | 10 |  |
|  |  |  | Weight Lifting | 6.3 |  | X-Country Skiing | 12 |  |
|  |  |  | Bike Riding | 5.0 |  | Bike Competition | 12 |  |
|  |  |  | Free Play | 5.0 |  | Inline Skating Speed | 15 |  |
|  |  |  | Gardening | 4.7 |  | Street Hockey | 7.0 |  |
|  |  |  | Skateboard | 5.0 |  | Wrestling | 14.4 |  |
|  |  |  | Skiing | 9.0 |  | Canoeing | 5.0 |  |
|  |  |  | Walking (Stroll) | 3.9 |  | Walking (Power) | 7.0 |  |
|  |  |  | Skating | 5.0 |  | Jump Rope | 10 |  |
| Totals |  |  | Totals |  |  | Totals |  |  |