

Name _____ Class: 5th SAGE Math Due Date: October 4, 2013

Unit 1 Real-World Unit Projects

Standards Covered

6.RP.1, 6.RP.2, 6.RP.3, 6.NS.2, 6.RIT.1, 6.W.2, 6.W.4, 6.W.6, 6.W.7, 6.W.9

Problem Solving in Health: Fun to be Fit!

Task

1. Keep a record of the exercises that you do for five straight days, and record the amount of Calories you burn each day with each exercise.
2. Create a presentation that includes the information you have gathered about different forms of exercise. Make sure to include all the appropriate statistical displays.
3. Use the website <http://calorielab.com/burned/> to find out how many calories you burn doing different activities.

Process

1a. Create a table and record everything that you do as exercise for five consecutive days. Your table should include the following information for each exercise:

- Calories burned per minute,
- Calories burned per hour,
- Total Calories burned,
- Time length of exercise, and
- Cost of the activity, if applicable.

Do not round your numbers. Use decimals where necessary. Print out Worksheet 1 and record your findings.

Worksheet 1

Type of Exercise	Calories Burned Per Minute	Calories Burned Per Hour	Total Calories Burned	Total Amount of Time of Exercise	Cost of Activity

1b. Analyze your exercise by following Worksheet 2.

Worksheet 2

Name: _____ Date: _____

Below are your analysis questions. Print this page out, and be sure to show all of your work in the provided space.

1. What was your greatest and least total number of Calories consumed in one day?
2. What was the longest and shortest amount of time exercised?
3. Looking at all of your exercises, which one burned the most Calories for the total of 5 days?
4. Which exercise burned the least total amount of Calories for the time?
5. What day did you burn the most Calories?
6. What percent of Calories were burned on that day?
7. How do the costs of the activities compare with one another?

2. Create a presentation that includes the following:

- Different forms of exercise,
- Calories that are burned from each exercise,
- Cost of the activity, and
- Statistical displays of the information you have gathered.

Guidance

Do you still have questions? Well, if so, you have come to the right place! Below are some helpful hints.

1. Complete Worksheet 1 with the appropriate information.
2. Some of the presentations that you could create are a booklet, poster, or PowerPoint® presentation.

Resources

Search the Internet. Use key words such as health, fitness or exercise.

Conclusion

Good job! You have completed your exercise tasks! Using your mathematical knowledge you have experienced the importance of mathematics in the everyday world. Numbers and statistics are all around us and in everything we do! Your daily exercise has mathematics and is essential for you to be able to successfully analyze different products that surround you. Keep up the good work!