



Unit 2 Assessment (Continued)

Part 2: Calories Burned

DIRECTIONS: Use the chart below to answer the questions.

Activity & Calories Burned/1 hr.			
Activity	130 lbs.	170 lbs.	190 lbs.
Basketball (nongame)	354	422	518
Bicycle riding (10 mph)	236	281	345
Bowling	177	211	259
Flag football	472	563	690
Frisbee	177	211	259

Source: www.nutristrategy.com/activitylist.htm

- How many calories would a 170-lb. person burn by playing Frisbee for half an hour?

- How many calories would a 190-lb. person burn by playing flag football for half an hour? _____
- How many calories would a 130-lb. person burn by bowling for two hours? _____
- How many total calories would a 130-lb. person burn by playing basketball for half an hour and then riding a bicycle for an hour? _____
- How many total calories would a 190-lb. person burn by playing flag football for an hour and then playing basketball for half an hour? _____
- How many more calories does a 190-lb. person burn by playing flag football for half an hour than a 130 lb. person doing the same? _____
- How many fewer calories does a 170-lb. person burn by playing basketball for an hour and a half than a 190-lb. person doing the same? _____