

10.1–10.2 Quiz

DATA **Health Calculations** In Exercises 1–5, use the information about the javelin thrower.

1. Find the woman’s body fat percentage.

Use the Body Fat Formula for women on page 453.

2. Find the woman’s body mass index.

Use the Body Mass Index Formula on page 453.

3. Find the woman’s maximum heart rate.

Use the Maximum Heart Rate Formula on page 454.

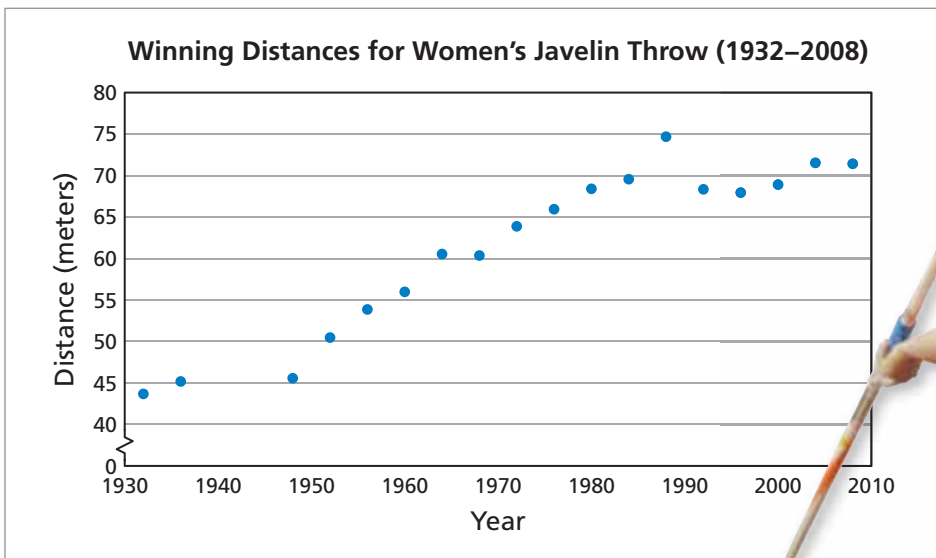
4. Find the woman’s basal metabolic rate.

Use the Basal Metabolic Rate Formula on page 455.

5. The woman is extra active and has a daily calorie intake of 2400 calories. Would you expect the woman to be losing weight or gaining weight? Explain your reasoning.

Women’s Javelin Throw In Exercises 6–8, use the graph.

Weight: 135 lb
 Height: 64 in.
 Wrist: 5.5 in.
 Waist: 29 in.
 Hips: 34 in.
 Forearm: 7.5 in.
 Age: 22 yr



6. Describe any patterns in the graph.

7. What percent of the winning distances were Olympic records?

8. What is the Olympic record for the women’s javelin throw?

