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The Mathematics of Fitness & Sports

10.1 Health & Fitness

- ▶ Compare a person's weight, height, and body fat percentage.
- ▶ Interpret and use a person's heart rate and metabolism.
- ▶ Determine factors for cardiovascular health.

10.2 The Olympics

- ▶ Analyze winning times and heights in the Summer Olympics.
- ▶ Analyze winning times in the Winter Olympics.
- ▶ Understand Olympic scoring.

10.3 Professional Sports

- ▶ Use mathematics to analyze baseball statistics.
- ▶ Use mathematics to analyze football statistics.
- ▶ Use mathematics to analyze statistics in other professional sports.

10.4 Outdoor Sports

- ▶ Use mathematics to analyze hiking and mountain climbing.
- ▶ Use mathematics to analyze kayaking and sailing.
- ▶ Use mathematics to analyze bicycling and cross-country skiing.