**体格锻炼观察表**

\_\_\_\_\_年\_\_\_\_\_月\_\_\_\_\_日 天气： 温度：

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 班级 |  | | | | 姓名 | | |  | | 性别 | | | |  | | | 年龄 | |  |
| 户外活动内容： | | | | | | | | | | | | | | | | | | | |
| 观察内容及结果： | | | | | | | | | | | | | | | | | | | |
| 脸色 | | 表情 | | | | | 出汗 | | | | 呼吸特点 | | | | | 动作协调性 | | | |
|  | |  | | | | |  | | | |  | | | | |  | | | |
| 活动前脉搏  次/分 | | | | 活动时脉搏  次/分 | | | | | | | | | | | 活动后脉搏  次/分 | | | 平均脉搏  次/分 | |
|  | | | | 5’ | | 10’ | | | 15’ | | | 20’ | | |  | | |  | |
|  | |  | | |  | | |  | | |
| 实际练习时间 | | | 活动总时间 | | | | | | | | | | 练习密度（%） | | | | | | |
|  | | |  | | | | | | | | | |  | | | | | | |
| 评价：  签名： | | | | | | | | | | | | | | | | | | | |