

**TASK ANALYSIS**  
**Heart Rate Monitors**

SKILL: Putting on and using heart rate monitor

VISUAL DESCRIPTION: Students will be able to put on and adjust monitor. Students will put on watch and push appropriate buttons to start and stop recording of heart rate.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

**1. Place strap on one side of monitor**

**one side**

**2.\*Place monitor on chest, attach other side**

**monitor on**

**3. Put watch on wrist**

**buckle watch**

**4.\*Press red button once**

**red once**

**5. Establish heart rate**

**check for heart rate**

**6.\*Press red button again**

**red button again**

**7. \*Follow activity, press blue button twice**

**blue button twice**

**8. Remove monitor and watch**

**return equipment**

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

LEARNER: skill improves with regular use

SKILL: Discrete

ENVIRONMENT: Teach to smaller groups.

**CHECKLIST:**

Student	Monitor on	Red button 1x	Red button 2 <sup>nd</sup> x	Blue button 2x
1				
2				
3				
4				