

WHEN WILL I EVER NEED MATHS?

Well, you might have to use it in Physical Education...

- **Add up** quickly and accurately when keeping score in rugby union.
- **Calculate** a person's body fat content using **percentage** body composition.
- Perform the Harvard step test, **calculate** your score using a **formula** and then find your **score** in a table.
- Plan interval training using the **ratio** of time spent working to the recovery period.
- Study recovery **rates** by recording heart rates in beats per minute.
- **Calculate** cardiac output by **multiplying** heart rate and stroke volume.
- **Measure** and record throws and jumps to a required **accuracy**.
- Perform accurate **timekeeping** and then rank the results for a run or sprint.

Maths has lots of applications and is a vital asset in many degrees and careers. To find out more about where maths is used and maths-related careers visit: www.mathscareers.org.uk

