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we are two professional engineers who took and passed the first revision of the updated 2017 pe exam for mechanical engineering machine design and materials and we wanted to provide a resource to help fellow engineers study more efficiently for the test this practice exam contains 80 problems we created that we believe are an excellent representation of the test looking back we can see that working problems similar to the exam was the most beneficial thing we did to prepare because they got us familiar with the structure of the pe exam and showed us which topics we needed to study more unfortunately most of the materials we used to study had practice problems that were either too complicated in strange formats or led us to study unnecessary concepts in other words this is the study material that we wish we had while studying for the exam

this guide discusses the assessment of heart rate and in particular the assessment of heart rate using a heart monitor part 1 foundation for the use of heart rate reviews literature about heart rate assessment and heart rate monitors offering an overview of national guidelines for physical activity it focuses on the importance of physical activity measures of physical activity validity and reliability of heart rate monitoring and validity of heart rate measurement instruments part 2 practical applications of heart rate monitoring discusses ways to assess heart rate then notes general uses of heart rate monitors and the use of heart rate monitors for educational purposes assessing fitness assessing effort grading assessing effectiveness of instruction and rubrics this part also features various applications used by k-12 teachers a list of relevant resources is included contains 51 references sm

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