

Standard normal distribution chart

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Bell curves show up throughout statistics. Diverse measurements such as diameters of seeds, lengths of fish fins, scores on the SAT, and weights of individual sheets of a ream of paper all form bell curves when they are graphed. The general shape of all of these curves is the same. But all of these curves are different because it is highly unlikely that any of them share the same mean or standard deviation. Bell curves with large standard deviations are wide, and bell curves with small standard deviations are skinny. Bell curves with larger means are shifted more to the right than those with smaller means. To make this a little more concrete, let's pretend that we measure the diameters of 500 kernels of corn. Then we record, analyze, and graph that data. It is found that the data set is shaped like a bell curve and has a mean of 1.2 cm with a standard deviation of .4 cm. Now suppose that we do the same thing with 500 beans, and we find that they have a mean diameter of .8 cm with a standard deviation of .04 cm. The bell curves from both of these data sets are plotted above. The red curve corresponds to the corn data and the green curve corresponds to the bean data. As we can see, the centers and spreads of these two curves are different. These are clearly two different bell curves. They are different because their means and standard deviations don't match. Since any interesting data sets we come across can have any positive number as a standard deviation, and any number for a mean, we're really just scratching the surface of an infinite number of bell curves. That's a lot of curves and far too many to deal with. What's the solution? One goal of mathematics is to generalize things whenever possible. Sometimes several individual problems are special cases of a single problem. This situation involving bell curves is a great illustration of that. Rather than deal with an infinite number of bell curves, we can relate all of them to a single curve. This special bell curve is called the standard bell curve or standard normal distribution. The standard bell curve has a mean of zero and a standard deviation of one. Any other bell curve can be compared to this standard by means of a straightforward calculation. All of the properties of any bell curve hold for the standard normal distribution. The standard normal distribution not only has a mean of zero but also a median and mode of zero. This is the center of the curve. The standard normal distribution shows mirror symmetry at zero. Half of the curve is to the left of zero and half of the curve is to the right. If the curve were folded along a vertical line at zero, both halves would match up perfectly. The standard normal distribution follows the 68-95-99.7 rule, which gives us an easy way to estimate the following: Approximately 68% of all of the data is between -1 and 1. Approximately 95% of all of the data is between -2 and 2. Approximately 99.7% of all of the data is between -3 and 3. At this point, we may be asking, "Why bother with a standard bell curve?" It may seem like a needless complication, but the standard bell curve will be beneficial as we continue on in statistics. We will find that one type of problem in statistics requires us to find areas underneath portions of any bell curve that we encounter. The bell curve is not a nice shape for areas. It's not like a rectangle or right triangle that have easy area formulas. Finding areas of parts of a bell curve can be tricky, so hard, in fact, that we would need to use some calculus. If we don't standardize our bell curves, we would need to do some calculus every time we want to find an area. If we standardize our curves, all the work of calculating areas has been done for us. A target heart rate refers to what your heart rate should be while doing exercise, while a resting heart rate is the number of beats per minute (bpm) when at rest. An adult's target heart rate is calculated based on their maximum heart rate, which is calculated based on a person's age. A target heart rate is what your heart rate should be when working out. A resting heart rate is the number of beats per minute (bpm) when at rest. For most adults, a resting heart rate of between 60 to 100 bpm is normal. A lower resting heart rate is a good indicator that the heart muscle is in good condition. Athletes may have resting heart rates as low as 40 bpm. Resting heart rate may be improved by working out in target heart rate zones. An adult's target heart rate is calculated based on their maximum heart rate. Maximum heart rate is calculated based on a person's age. To estimate a maximum heart rate, subtract your age from 220. For moderate-intensity physical activity, an adult's target heart rate should be between 64% and 76% of the maximum heart rate. For vigorous-intensity activities, an adult's target heart rate should be between 77% and 93% of the maximum heart rate. The following chart shows estimated target heart rate zones for different ages. Choose the age category closest to yours. Target Heart Rate by Age Age Moderate Intensity Target HR Zone 64% - 76% Vigorous Intensity Target HR Zone 77% - 93% Average Maximum Heart Rate 20 years 128-152 beats per minute (bpm) 154-186 bpm 200 bpm 25 years 125-148 bpm 150-181 bpm 195 bpm 30 years 122-144 bpm 146-177 bpm 190 bpm 35 years 118-141 bpm 142-172 bpm 185 bpm 40 years 115-137 bpm 139-167 bpm 180 bpm 45 years 112-133 bpm 135-163 bpm 175 bpm 50 years 109-129 bpm 131-158 bpm 170 bpm 55 years 106-125 bpm 127-153 bpm 165 bpm 60 years 102-122 bpm 123-149 bpm 160 bpm 65 years 99-118 bpm 119-144 bpm 155 bpm 70 years 96-114 bpm 116-140 bpm 150 bpm 75 years 93-110 bpm 112-135 bpm 145 bpm Normal distributions arise throughout the subject of statistics, and one way to perform calculations with this type of distribution is to use a table of values known as the standard normal distribution table. Use this table in order to quickly calculate the probability of a value occurring below the bell curve of any given data set whose z-scores fall within the range of this table. The standard normal distribution table is a compilation of areas from the standard normal distribution, more commonly known as a bell curve, which provides the area of the region located under the bell curve and to the left of a given z-score to represent probabilities of occurrence in a given population. Anytime that a normal distribution is being used, a table such as this one can be consulted to perform important calculations. In order to properly use this for calculations, though, one must begin with the value of your z-score rounded to the nearest hundredth. The next step is to find the appropriate entry in the table by reading down the first column for the ones and tenths places of your number and along the top row for the hundredths place. The following table gives the proportion of the standard normal distribution to the left of a z-score. Remember that data values on the left represent the nearest tenth and those on the top represent values to the nearest hundredth. z 0.0 0.01 0.02 0.03 0.04 0.05 0.06 0.07 0.08 0.09 0.0 0.500 .504 .508 .512 .516 .520 .524 .528 .532 .536 0.1 .540 .544 .548 .552 .556 .560 .564 .568 .571 .575 0.2 .580 .583 .587 .591 .595 .599 .603 .606 .610 .614 0.3 .618 .622 .626 .630 .633 .637 .641 .644 .648 .652 0.4 .655 .659 .663 .666 .670 .674 .677 .681 .684 .688 0.5 .692 .695 .699 .702 .705 .709 .712 .716 .719 .722 0.6 .726 .729 .732 .736 .740 .742 .745 .749 .752 .755 0.7 .758 .761 .764 .767 .770 .773 .776 .779 .782 .785 0.8 .788 .791 .794 .797 .800 .802 .805 .808 .811 .813 0.9 .816 .819 .821 .824 .826 .829 .832 .834 .837 .839 1.0 .841 .844 .846 .849 .851 .853 .855 .858 .850 .862 1.1 .864 .867 .869 .871 .873 .875 .877 .879 .881 .883 1.2 .885 .887 .889 .891 .893 .894 .896 .898 .899 .902 1.3 .903 .905 .907 .908 .910 .912 .913 .915 .916 .918 1.4 .919 .921 .922 .924 .925 .927 .928 .929 .931 .932 1.5 .933 .935 .936 .937 .938 .939 .941 .942 .943 .944 1.6 .945 .946 .947 .948 .950 .951 .952 .953 .954 .955 1.7 .955 .956 .957 .958 .959 .960 .961 .962 .963 .963 1.8 .964 .965 .966 .966 .967 .968 .969 .969 .970 .971 1.9 .971 .972 .973 .973 .974 .974 .975 .976 .976 .977 2.0 .977 .978 .978 .979 .979 .980 .980 .981 .981 .982 2.1 .982 .983 .983 .983 .984 .984 .985 .985 .985 .986 2.2 .986 .986 .987 .987 .988 .988 .988 .988 .989 .989 2.3 .989 .990 .990 .990 .991 .991 .991 .992 2.4 .992 .992 .992 .993 .993 .993 .993 .993 .994 2.5 .994 .994 .994 .994 .995 .995 .995 .995 .995 .995 2.6 .995 .996 .996 .996 .996 .996 .996 .996 .996 .996 2.7 .997 .997 .997 .997 .997 .997 .997 .997 .997 .997 In order to properly use the above table, it's important to understand how it functions. Take for example a z-score of 1.67. One would split this number into 1.6 and .07, which provides a number to the nearest tenth (1.6) and one to the nearest hundredth (.07). A statistician would then locate 1.6 on the left column then locate .07 on the top row. These two values meet at one point on the table and yield the result of .953, which can then be interpreted as a percentage which defines the area under the bell curve that is to the left of z=1.67. In this instance, the normal distribution is 95.3 percent because 95.3 percent of the area below the bell curve is to the left of the z-score of 1.67. The table may also be used to find the areas to the left of a negative z-score. To do this, drop the negative sign and look for the appropriate entry in the table. After locating the area, subtract .5 to adjust for the fact that z is a negative value. This works because this table is symmetric about the y-axis. Another use of this table is to start with a proportion and find a z-score. For example, we could ask for a randomly distributed variable. What z-score denotes the point of the top ten percent of the distribution? Look in the table and find the value that is closest to 90 percent, or 0.9. This occurs in the row that has 1.2 and the column of 0.08. This means that for z = 1.28 or more, we have the top ten percent of the distribution and the other 90 percent of the distribution are below 1.28. Sometimes in this situation, we may need to change the z-score into a random variable with a normal distribution. For this, we would use the formula for z-scores.

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