

11.3 – CARDIOVASCULAR FITNESS

NAME _____

PERIOD _____

1. DEFINE cardiovascular fitness

2. What is the objective of cardio/aerobic exercise?

3. Effects of cardio on heart disease and cholesterol:

- a. _____
- b. _____
- c. _____
- d. _____

4. On blood pressure:

- a. _____
- b. _____
- c. _____

5. List 8 benefits of cardio that are most important to you.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____

6. Exercise and Heart Rate

a. How does exercise elevate the heart rate?

b. Describe how to take the heart rate using the carotid artery

c. What are the positive effects of exercise on the resting heart rate?

d. What are some exercise precautions in regard to heart rate?

7. What does each word represent in the FITT Formula for exercise?

a. Frequency _____

b. Intensity _____

c. Type _____

d. Time _____

8. List the parameters for the FITT FORMULA for **cardiovascular endurance**

a. Frequency

b. Intensity

i. Count your resting heart rate (beats per minute at rest) _____

ii. Give the formula for maximum heart rate _____

iii. Using the formula, calculate your maximum heart rate _____

iv. Define target heart rate _____

v. Using the formula, calculate your target heart rate _____

c. Type

d. Time

9. Google Search - RECOVERY RATE What was the result of your cardiovascular fitness test (mile run, beep test)? _____. What fitness range does this put you in?

10. What activities can you do to improve the health of your heart?

a. _____

b. _____

c. _____

d. _____

20. Evaluate your aerobic workouts

- a. (Refer to #7 above) What was your frequency? _____
- b. What was your average intensity (light, moderate, vigorous) during your workouts? _____
- c. What was the average time you exercised in one session? _____
- d. Did you enjoy your workouts? _____
- e. Do you think you will continue with your aerobic workouts? Why or why not?

- f. What can make your workouts something to look forward to?