## 11.3 – CARDIOVASCULAR FITNESS

NAME			PERIOD	
1.	DEFINE cardiovascular fitness			
2.		s the objective of cardio/aerobic exercise?		
3.		of cardio on heart disease and cholesterol:		
	b.		<del>.</del>	
4.	d.	od pressure:		
	a. b.		-	
5.	List 8 b	enefits of cardio that are most important to you.	-	
	b.		- -	
	d.		-	
	f.		- -	
6.	h. Exercis	e and Heart Rate	-	
		How does exercise elevate the heart rate?		
	b.	Describe how to take the heart rate using the carotid arter	у	

	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	\\/ha+ /	does each word represent in the FITT Formula for exercise?
7.		·
		Frequency Intensity
		Type
		Time
8.		parameters for the FITT FORMULA for <u>cardiovascular endurance</u>
	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.	Туре
	d.	Time
9.	_	e Search - RECOVERY RATE What was the result of your cardiovascular fitness nile run, beep test)? What fitness range does this put you in?
10.	What a	activities can you do to improve the health of your heart?
	a.	·
	b.	
	С.	<del></del> ,
	d.	

11. <u>Cardi</u>	ovascular/Aerobic exercise should be:					
а	·					
b	·					
C	·					
d	·					
	·					
f.						
12. How	many calories do you need to burn to lose o	ne pound?	. <u></u>			
13. Whic	h has a stronger effect on weight loss, diet o	r exercise?				
14. Exerc	sise has a strong effect on	aı	nd			
	<u> </u>					
	South of Hoolth and Human Comings recommend	anda at lagat	maintoo of			
	Dept. of Health and Human Services recomm		_			
mode	erate exercise or minutes of vigorous	s exercise for good h	nealth.			
16. To ef	fectively lose weight or maintain weight som	ne may need up to _	minutes.			
17. You s	17. You should exercise at minimum of minutes at a time.					
18. A ger	neral goal is minutes per day.					
	activity log- In the table below keep a log of	all the aerobic ever	cisa yau da far tha			
·			·			
next	<u>2 weeks</u> . (Remember cardiovascular/aerobi	c workouts the para	ameters listed in			
#11.)	Use the chart from this website to calculate	e calories burned.				
Date	Activity (Type)	Duration (Time)	Calories Burned			

20. <u>Eval</u>	luat	<u>te</u> 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?