

Cardio-Respiratory Endurance

Total points 9/10 

TRUE OR FALSE

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Full name (Surname, First name, Middle Initial)

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- ✓ Cardio-Respiratory is a level at which your heart, lungs, and muscles work together when you're exercising for an extended period of time. * 1/1

 TRUE False

- ✓ Walking is the activity of moving fast on foot. * 1/1

 TRUE False

- ✓ Stair running is a high-intensity workout that helps build speed, power, and cardiovascular fitness 1/1

 TRUE FALSE

- ✓ A skipping rope or jump rope is a tool used in the sport of skipping/jump 1/1 rope where one or more participants jump over a rope swung so that it passes under their feet and over their heads.

 TRUE FALSE

- ✗ Aerobic Dance is any physical activity that makes you sweat causes you 0/1 to breathe harder and gets your heart beating faster than at rest.

 TRUE FALSE

Correct answer

 TRUE

- ✓ Swimming is the activity of moving oneself through water using one's 1/1 arms and legs.

 TRUE FALSE

✓ Boxing is a fitness activity enables the average person to hone those same athletic skills, all with or without having to take a punch. 1/1

TRUE

✓

FALSE

✓ Biking is the sport or activity of riding a bicycle. 1/1

TRUE

✓

FALSE

✓ An exercise apparatus that can be pedaled like a bicycle called also stationary bike. 1/1

TRUE

✓

FALSE

✓ Brisk walking is any accelerated walking pace that still utilizes steps placed while one foot is in contact with the ground 1/1

TRUE

✓

FALSE

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