

## Cardio-Respiratory Endurance

Total points 9/10 ?

TRUE OR FALSE

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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 rope where one or more participants jump over a rope swung so that it passes under their feet and over their heads. 1/1

☒ TRUE



☐ FALSE

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

☐ TRUE

☒ FALSE



Correct answer

☒ TRUE

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

☒ TRUE



☐ FALSE



## Cardio-Respiratory Endurance

✓ 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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