

Chapter 7 Cardiovascular Fitness Answers

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Lesson 7.1: Cardiovascular Fitness Facts Answer •Aerobic exercise on a regular basis (3-5 times per week, heart rate in the target zone, for 20 min or more) should provide you with a good level of fitness. •Fitness standards identified with different physical fitness tests are given in your text and relate to health and wellness benefits.

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Lesson 7.2: Building Cardiovascular Fitness Answer •Active aerobics are aerobic activities done in the target zone for cardiovascular fitness. •Vigorous activities put more stress on the cardiovascular system. •This will produce greater changes in cardiovascular fitness. •Vigorous activities produce a higher caloric expenditure.

Chapter 7: Cardiovascular Fitness

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Chapter 7 Cardiovascular Fitness From Fitness for Life Teacher Resources and Materials, Fifth Edition by Karen McConnell, Charles B. Corbin, and Darren Dale, 2005, Champaign, IL: Human Kinetics. CR 7-6 Name Class Date Application 7 AEROBIC AND ANAEROBIC ACTIVITY Application 7 Worksheet A. Read the list of activities below.

Application AEROBIC AND ANAEROBIC ACTIVITY

Chapter 7 Test. Multiple Choice: Place the letter of the best answer in the space provided. ____ 1. The circulatory system includes the heart, A. ... To reach an adequate level of cardiovascular fitness, you should engage in an aerobic. activity. A. one day per week. B. two days per week. C.

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