

## *Chapter 7 Cardiovascular Fitness Test Answers*

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### **Chapter 7 Cardiovascular Fitness Test**

Chapter 7: Cardiovascular Fitness. Lesson 7.1: Cardiovascular Fitness Facts. Self-Assessment 7: Cardiovascular Fitness—Step Test. •Describe the benefits of cardiovascular fitness to health. •Explain the relationship between physical activity and. good cardiovascular fitness. •Describe and ...

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Physical Fitness Study Guide: Chapter 7 "Cardiovascular Fitness". Body Fat: Decrease Resting Heart Rate: Decrease, less beats makes blood more efficient. HDL Content: Increases LDL Content: Decreases Atherosclerosis: Decreases Stress Level: Decreases Blood Pressure: Decrease, or maintain a healthy level Fibrin Content: Decreases Blood Pumped...

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Chapter 7 Test. Multiple Choice: Place the letter of the best answer in the space provided. \_\_\_\_ 1. ... To improve cardiovascular fitness, you must. A. engage in exercises that involve movements of large body muscles. B. maintain the exercise for at least twenty minutes. C.

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• Cardiorespiratory fitness is an essential component of physical fitness; it improves cardiovascular health in both primary and secondary prevention. • Cardiorespiratory fitness best describes the health and function of the heart, lungs, and circulatory system and is related to cardiorespiratory endurance.

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Chapter 7: Benefits of Physical Fitness Objectives Benefits of Physical Fitness Cardiovascular Endurance Objectives: 1) Identify the components and health benefits of physical fitness. 2) Identify types of exercises that promote physical fitness. 3) Explain the role of diet, exercise, and sleep in physical fitness. 7.1 Benefits of Physical Fitness

### **Chapter 7: Benefits of Physical Fitness - cu**

Cardiovascular fitness is the ability of the heart and lungs to supply oxygen-rich blood to the working muscle tissues and the ability of the muscles to use oxygen to produce energy for movements. Harvard Step Test is a cardiovascular fitness test. It is also called aerobic fitness test. Administrative procedure of Harvard Step Test

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