

## *Cardiovascular Fitness Chapter 7 Test Answers*

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

P.E. Chapter 7 - Cardiovascular Fitness. Function: double pump, on pump (right side) receives blood which comes from the body - bluish red (CO<sub>2</sub>) blood to the lungs where the blood gets rid of "CO<sub>2</sub>" and picks up "O<sub>2</sub>" which turns it into crystal/bright red blood. The second pump (left side) receives the "reconditioned" O<sub>2</sub> blood from...

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Lesson 7.1: Cardiovascular Fitness Facts. Answer (continued) •On a playing field, you can complete an aerobic run (usually one mile) in the quickest time possible or do the walking test. •In the gymnasium, there are other aerobic tests (step test, PACER test) that can estimate how fit you are.

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Lesson 7.2: Building Cardiovascular Fitness Answer • A minimum of 3 times a week. • You should be active for 20 minutes each time. • For best results you should be active 5 or 6 days a week for up to 60 minutes per day.

### **Chapter 7: Cardiovascular Fitness - Moodle Pages 1 - 28 ...**

Lesson 7.2: Building Cardiovascular Fitness. Answer •A minimum of 3 times a week. •You should be active for 20 minutes each time. •For best results you should be active 5 or 6 days a week for up to 60 minutes per day.

### **Chapter 7: Cardiovascular Fitness**

Cardiovascular Fitness Chapter Exam Instructions. Choose your answers to the questions and click 'Next' to see the next set of questions. You can skip questions if you would like and come back to ...

### **Cardiovascular Fitness - Practice Test Questions & Chapter ...**

good level of aerobic fitness. B. high level of body fat. C. poor level of aerobic fitness. D. poor level of muscular endurance \_\_\_\_ 7. Recovery heart rate should drop to. A. 80 bpm within 5 to 6 minutes after exercise. B. 100 bpm within 10 minutes after exercise. C. 120 bpm within 10 minutes after exercise. D. 140 bpm within 5 to 6 minutes after exercise. 8.

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TABLE OF CONTENTS Chapter Page 1 OVERVIEW OF CARDIOVASCULAR FITNESS..... 1-1 1.1 Cardiovascular Fitness in NHANES.....

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