

Chapter 7 CARDIOVASCULAR FITNESS

1. _____ is the most important of all physical fitness components.
2. Cardiovascular fitness is the ability of the _____ and _____, to supply _____ and necessary fuel to the muscles during exercise.
3. An individual's _____ corresponds to your heart beat.
Your pulse is caused by the _____ of _____ on the artery walls.
4. List two good locations for measuring your pulse.
 - a. _____ (wrist) – this area is located at the base of the thumb on soft part of the wrist.
 - b. _____ (neck) – this area is located under the corner of the jaw bone and down from the ear lobe.
5. In order to get a true "resting heart rate," you should take your pulse, in a seated position in the _____ and before you _____.
 - a. With increased cardiovascular training, your resting heart rate will _____ because it doesn't have to work as hard to pump the same amount of blood.
6. Your recovery rate is your heart rate _____ an exercise session.
Your recovery heart rate should drop to _____ beats per minute (bpm) within five minutes after your workout and _____ beats per minute (bpm) after 10 minutes.
7. **List six benefits of cardiovascular exercise.**
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

8. Fitness tests which can measure our cardiovascular fitness levels often include:

- a. _____
- b. _____
- c. _____
- d. _____

TRAINING PRINCIPLES APPLIED TO CARDIOVASCULAR FITNESS

9. **Principle of overload** – If you want to improve your cardiovascular fitness, you must push the heart muscle beyond its normal range and make it pump more blood with each beat. This additional overload can be placed on the heart by an increase in the **frequency, intensity, or time of the exercise program (FITT)**.

a. **F**requency – (how often) **Aerobic activities must be performed at least** _____ times per Week to reach adequate levels of cardiovascular fitness.

b. **I**ntensity – (how hard) – Target Heart Rate Zone (THRZ) = 60 – 90% of Maximum Heart Rate (MHR)

Determine your Max Heart Rate by: 220 minus your age= MHR

220	_____ MHR	_____ MHR
–		
_____ (your age)	x .60	x .90
_____ (MHR)	_____ (minimum)	_____ (max)

Your **Target Heart Rate Range** during exercise should be _____ to _____ beats per minute.

★ Monitoring your heart rate during exercise may be done by **taking a pulse count for six seconds**.

6 seconds = _____ to _____

c. **T**ime (how long) – You must maintain your target heart rate for:
_____ minutes **in your target zone** (THRZ).

10. **Principle of progression** – Our bodies _____ to the stress we put on them after a certain amount of time, so to improve, we must _____ the amount of stress we put on our bodies. Example: Run the mile in nine (9) minutes – need to lower time in order to put more stress on the body.

11. **Principle of Specificity**

_____ promotes cardiovascular fitness better than any other type of activity.

Aerobic exercise means _____

_____.

Examples include: _____, _____, _____.

Anaerobic exercise means _____

_____.

Examples include: _____, _____, _____.