Chapter 7

Cardiovascular Fitness

Cardiovascular fitness is said to be the most important of all the physical fitness components.

Cardiovascular Fitness

is the ability of the heart and lungs to provide oxygen to muscles as work is performed over an extended period of time.

Pulse

is caused by pressure of the blood on the artery wall, and it corresponds to your heartbeat.

Pulse

The best locations for measuring your pulse are: the carotid artery of the neck and the radial artery of the wrist.

Resting Heart Rate

Your resting heart rate should be taken just after waking up in the morning and before getting out of bed.

Recovery Heart Rate

Your recovery heart rate is your heart rate just after exercise.

Recovery Heart Rate

Your heart rate should drop to about 120 beats per minute within five minutes after a workout and be less than 100 beats per minute after ten minutes.

Benefits

Of

Cardiovascular Exercise

Benefits

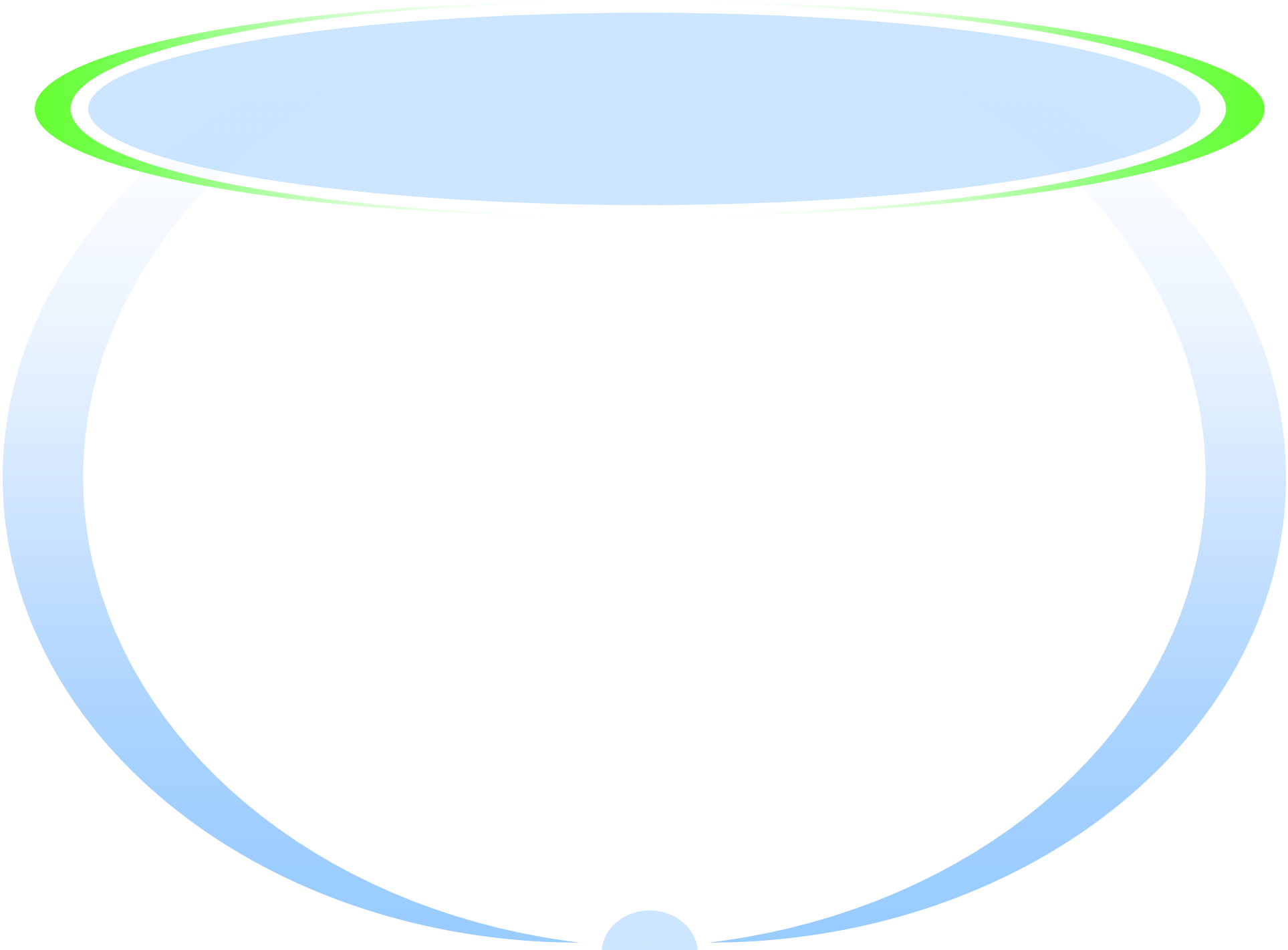
- ✓ It will strengthen the heart.
- ✓ Active people are less prone to heart disease.
- ✓ Your muscles receive more oxygen and do not tire as easily.

Benefits

- ✓Your heart works more efficiently because it is able to pump out more blood with each beat.
- ✓You obtain mental benefits such as improved concentration, ability to cope with stress, and self-concept.

Fitness Tests

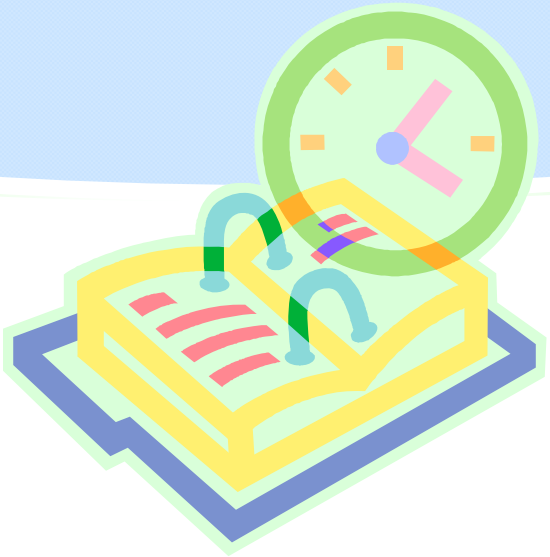
- ✓Mile Run
- ✓Step Test
- ✓12 min Walk/ Run
- ✓Pacer



Training Principles Applied to Cardiovascular Fitness

Principle of Overload

If you want to improve your cardiovascular fitness, you must push your heart muscle beyond its normal range and make it pump more blood with each beat.



Frequency

Aerobic activities must be performed at least 3 times per week to reach an adequate level of cardiovascular fitness.

Intensity

Target Heart Rate Zone

(THRZ)

60%-90% of

Max Heart Rate(MHR).

Maximum Heart Rate (MHR)

is the heart rate that should not be exceeded during exercise and is calculated by subtracting your age from 220.

220-Age= MHR

MHR

220-15=205

220-16=204

220-17=203

THRZ

60% or .60

205 x .60= 123

204 x .60= 122

203 x .60= 122

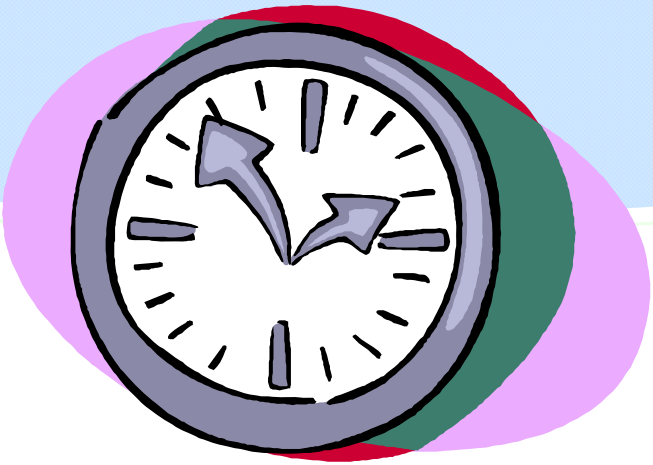
THRZ

90% or .90

205 x .90= 185

204 x .90= 184

203 x .90= 183



Time

To achieve all the benefits of cardiovascular training, you must maintain the target heart rate for a minimum of 20 minutes in your THRZ.

Principle of Progression

Since the heart adjusts to the workload you place on it, the overload must be periodically increased in order for improvement to occur.

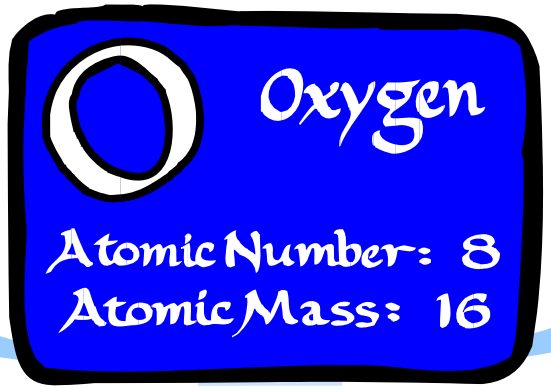
Principle of Specificity

Aerobic exercise

promotes cardiovascular fitness better than any other type of activity.

Aerobic exercise

- means with oxygen and involves activities that can be performed for at least 15 minutes without gasping to catch your breath.



Anaerobic exercise

- means without oxygen and involves activities that are performed at a pace which uses oxygen faster than the body can replenish it.