CHAPTER 7 - CARDIOVASCULAR FITNESS

WHEN THIS SHEET IS COMPLETED, IT WILL INCLUDE ALL THE NOTES NECESSARY FOR THIS SECTION ON C.V. FITNESS. BE SURE TO LEAVE SPACE UNDER EACH ANSWER TO ADD INFORMATION WHEN WE CORRECT THESE QUESTIONS.

1. What is cardiovascular fitness? Name the two systems involved with this fitness component.

2. **CIRCULATORY & RESPIRATORY SYSTEMS (FILL IN THE BLANKS)**

The chambers on the left side of the heart force blood containing oxygen throughout the body through elastic blood vessels called l. _____ . 2_____ always carry blood 3_____ from the heart. As arteries branch out in the body, they gradually decrease in size until they form tiny 4_____ . This is where food and oxygen are delivered from the blood to cells throughout the body. The capillaries serve as bridges between 5_____ and 6_____. Veins always carry blood 7_____ the heart.

Wastes are picked up by the blood in the capillaries and are transported back to the heart by 8 . Blood is forced through the veins by contracting 9 _____ . The blood in veins can only move toward the heart, because one-way l0_____ keep the blood from flowing backward when the muscle relaxes. The right chambers of the heart pump this returning blood to the 11 _____ where wastes are exchanged for more 12 _____and the process repeats itself.

Monitoring The Heart

3. What is the average heart rate for adults?
4. What is a pulse?
5. Where are the best locations for measuring your pulse rate?
6. Describe how to measure your pulse rate once you have located your pulse.

Resting Heart Rate

7. When should you take your resting heart rate?
8. What is the recovery heart rate? Describe the guiding principle about recovery heart rate.
9. Define blood pressure.
10. How often should aerobic activities be performed to reach an adequate level of C.V. fitness?
    *The greatest cardiovascular benefits result when the heart rate increases to
    percent of your maximum heart rate.
11. What is a good indicator that the heart gets stronger with proper cardiovascular training? Explain.
12. Using page 111, calculate your maximum heart rate. (Show work)
13. Use the following formula and calculate your target heart rate zone. (Use p. 112 to help).
    a. Lower limit (60%)

b. Upper limit (90%)

FORMULA:

a. [(220-age)-resting heart rate] x .60 + resting heart rate = **LOWER LEVEL OF TARGET HEART RATE ZONE.**

b. [(220-age)-resting heart rate] x .90 + resting heart rate = **UPPER LEVEL OF TARGET HEART RATE ZONE.**

14. Joe is 18 years old with a resting heart rate of 66 b.p.m. Calculate Joe's target heart rate zone:

a. Lower limit (60%)

b. Upper limit (90%)

15. Distinguish between aerobic and anaerobic exercise. Give specific examples.