

Chapter 7 Cardiovascular Fitness Answers

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Chapter 7 Cardiovascular Fitness Answers

Chapter #7: Cardiovascular Fitness. STUDY. PLAY. What is cardiovascular fitness? Its the most important part of the 11 parts of fitness (5 health-related and 6 skill-related) bc those who have it receive many health and wellness benefits including a chance to live a longer life.

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Chapter 7: Cardiovascular Fitness. STUDY. Flashcards. Learn. Write. Spell. Test. PLAY. Match. Gravity. Created by. Kaimua. Terms in this set (64) Cardiovascular fitness. the ability of the heart, blood vessels and respiratory system to supply oxygen to the muscles during exercise. Cardiovascular disease is.

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Chapter 7: Cardiovascular Fitness - ppt video online download. 1 Chapter 7: Cardiovascular Fitness Lesson 7.1: Cardiovascular Fitness Facts Self-Assessment 7: Cardiovascular Fitness—Step Test and One-Mile Run. 8 Lesson 7.1: Cardiovascular Fitness Facts Answer The heart benefits by being able to pump more blood per beat.

Chapter 7 Cardiovascular Fitness Test Answers

Personal Fitness Chapter 7. STUDY. PLAY. cardiovascular fitness. requires strong lungs, heart, blood flow, arteries, vein, and muscles. heart. muscle that becomes stronger and more efficient. stroke volume. more blood pumped with fewer beats.

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Lesson 7.2 Building Cardiovascular Fitness . Answer ; You fatigue reasonably quickly due to the buildup of lactic acid in the muscles (30-40 seconds). 19 Lesson 7.2 Building Cardiovascular Fitness. Question ; Why is anaerobic fitness important? 20 Lesson 7.2 Building Cardiovascular Fitness. Answer ; Anaerobic fitness is important for performance in many sports.

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Lesson 7.1 Cardiovascular Fitness Facts. Answer ; In a laboratory, a running or cycling test can measure how much oxygen you can use when exercising (special equipment is needed for this test). This test is called maximal oxygen uptake. 24 Lesson 7.1 Cardiovascular Fitness Facts. Answer (continued) On a playing field, you can complete an aerobic

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Lesson 7.2: Building Cardiovascular Fitness Answer • Active aerobics are aerobic activities done in the target zone for cardiovascular fitness. • Vigorous activities put more stress on the cardiovascular system. • This will produce greater changes in cardiovascular fitness. • Vigorous activities produce a higher caloric expenditure.

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Chapter 7 Cardiovascular Fitness Test Answers

'Harvard Step Test' is a test to measure cardiovascular fitness with the help of a 20 inch high bench, a stopwatch and a metronome. The administrative procedure of this test is given below The performer steps up and down 30 times a minute on the bench.

Physical Education Class 12 Important Questions Chapter 7 ...

Answer: Whenever we perform any strenuous exercise, the demand for oxygen increases, therefore during exercise the supply of oxygen to the muscles is the urgent need as oxygen cannot be stored in muscles. Hence heart functions faster to increase the systemic circulation as well as the pulmonary circulation.

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