

CARDIOVASCULAR FITNESS STUDY GUIDE

Cardio=Heart

Vascular=Vessels of the body that carry blood, which supplies oxygen

Cardiovascular-the ability of the heart and lungs to supply oxygen to the muscles to exercise

-AEROBIC EXERCISE

- REQUIRES OXYGEN
- OVER 2 MIN.
- 60-80% MAX HEART RATE (125-165 BPM)
- LONGER DURATION, LESS INTENSITY
- EXAMPLES: CROSS COUNTRY, MILE, MARATHON, TRIATHLON, ROWING, CYCLING, SKIING

-Anaerobic Exercise

- Does not require oxygen
- Short bursts of activity
- Under 2 min.
- 80-100% max heart rate (165-200 BPM)
- Shorter duration, more intensity
- Examples: sprints, weight lifting, hurdles, volleyball, baseball, football, tennis

-Calculations

- Max Heart Rate=220-Age (ex. 220-13years old=207)
- To find BPM from a % of max HR=max HR x ._% (207 x .80=165.6 BPM)
- To find % max HR from BPM=BPM÷Max HR (170 ÷ 207=82%)