

1. Which statement is true?

- a. Improving cardiorespiratory endurance requires a combination of aerobic and muscle fitness activities.
- b. Of the 11 parts of fitness, cardiorespiratory endurance is the most important because those who have it receive many health and wellness benefits, including a chance for a longer life.
- c. Improving cardiorespiratory endurance will improve your overall health but will not affect your appearance.
- d. Of the 11 parts of fitness, cardiorespiratory endurance provides the most benefit to athletes such as runners and soccer players.

Answer: _____

2. Your heart has two ways to get more blood to your muscles: by beating faster or by sending more blood with each beat (called stroke volume).

- a. True
- b. False

Answer: _____

3. Which statement is true?

- a. A fit person's heart may work more efficiently than a nonfit person's heart because genetics determines the heart's efficiency.
- b. A fit person's heart may work the same as a nonfit person's heart because genetics determines the heart's efficiency.
- c. A fit person's heart works more efficiently by pumping less blood with more beats.
- d. A fit person's heart works more efficiently by pumping more blood with fewer beats.

Answer: _____

4. The maximal _____ uptake test measures how much oxygen you can use when you are _____ very vigorously.

- a. oxygen; walking
- b. oxygen; sweating
- c. oxygen; exercising
- d. oxygen; breathing

Answer: _____

5. The _____ your cardiorespiratory endurance score, the lower your risk of _____ disease.

- a. higher; hypokinetic
- b. higher; hyperkinetic

- c. lower; hypokinetic
- d. lower; hyperkinetic

Answer: _____

6. Vigorous aerobic activity, from the _____ of the Physical Activity Pyramid for Teens, is the most effective for building cardiorespiratory endurance.

- a. first step
- b. second step
- c. third step
- d. fourth step

Answer: _____

7. The _____ is one of two methods of determining target heart rates. This method is considered the _____, but it is a bit more difficult to calculate than the other method.

- a. percent of maximal heart rate method; least accurate
- b. percent of maximal heart rate method; most accurate
- c. heart rate reserve method; least accurate
- d. heart rate reserve method; most accurate

Answer: _____

8. To use the heart rate reserve method for determining target heart rate, you must know both your _____ and your _____ heart rates.

- a. maximal; submaximal
- b. target; threshold
- c. resting; threshold
- d. resting; maximal

Answer: _____

9. Describe three benefits of cardiorespiratory endurance to health and wellness.

Answer:

10. Describe the FIT formula for developing cardiorespiratory endurance.

Answer:

11. Which list contains guidelines for building self-confidence?

- a. set personal standards for success, avoid competition if it causes you problems, set small goals you can reach
- b. work on becoming a better competitor, set small goals you can reach, exercise alone so you don't make comparisons with others
- c. set personal standards for success, embrace competition, set small goals you can reach
- d. work on becoming a better competitor, set small goals you can reach, avoid competing with peers who are better at sports than you

Answer: _____

12. Vessels that carry blood to the heart are called _____.

Answer:

13. Walking, jogging, and bicycling are examples of _____ activity.

Answer:

14. The body system that includes your heart, blood vessels, and blood is the _____.

Answer:

15. Carriers of cholesterol in the blood are called _____.

Answer:

16. The body system that includes your lungs and air passages is the _____.

Answer:

17. Match each of the following terms to the definition that best describes it.

- ___ 1. aerobic activity
- ___ 2. cholesterol
- ___ 3. high-density lipoprotein
- ___ 4. low-density lipoprotein
- ___ 5. anaerobic activity

- a. fatlike substance in the blood
- b. heart cannot supply necessary oxygen to muscles
- c. heart can supply necessary oxygen to muscles

- d. carries cholesterol out of the bloodstream
- e. bad cholesterol

18. The cardiovascular system includes the

- a. heart, lungs, bones, and muscles
- b. heart, blood, and blood vessels
- c. brain, heart, and lungs
- d. heart, muscles, blood, and blood vessels

Answer: _____

19. In your lungs,

- a. carbon dioxide leaves your blood
- b. oxygen leaves your blood
- c. the hormone insulin is produced
- d. blood sugar is regulated

Answer: _____

20. For cardiorespiratory endurance, moderate to vigorous exercise must elevate your heart rate

- a. above normal
- b. once a week
- c. into the fitness target zone
- d. into the high performance zone

Answer: _____

21. Vigorous activity should be of a high enough intensity that it increases your heart rate above a _____ level and into the _____ zone.

- a. resting; target fitness
- b. resting; threshold
- c. threshold; target
- d. threshold; heart rate reserve

Answer: _____

22. Compared to the heart of a person who is less fit, a fit person's heart pumps

- a. more blood with more beats
- b. more blood with fewer beats
- c. less blood with fewer beats
- d. less blood with more beats

Answer: _____

23. Your heart gets more blood to your muscles by sending more blood at each beat and by

- a. beating faster
- b. beating slower
- c. using oxygen
- d. producing oxygen

Answer: _____

24. Cholesterol is carried through the bloodstream by particles called

- a. fibrin
- b. saturated fat
- c. unsaturated fat
- d. lipoproteins

Answer: _____

25. Blood is carried from muscles to the heart by

- a. veins
- b. arteries
- c. nerves
- d. valves

Answer: _____

26. A healthy cardiovascular system has a

- a. low HDL level and high LDL level
- b. low HDL level and low LDL level
- c. high HDL level and low LDL level
- d. high HDL level and high LDL level

Answer: _____

27. Regular exercise helps prevent blood clots by

- a. reducing HDL levels in the blood
- b. increasing fibrin in the blood
- c. reducing oxygen in the blood
- d. reducing fibrin in the blood

Answer: _____

28. Sports that best build cardiovascular endurance require

- a. many specialized skills
- b. bursts of activity and periods of rest
- c. continuous activity
- d. lots of rest to restore oxygen levels

Answer: _____

29. With regular exercise, your nervous system

- a. causes your heart to be controlled voluntarily
- b. raises your resting heart rate
- c. lowers your resting heart rate
- d. causes your brain to work more efficiently

Answer: _____

30. National guidelines state that teenagers should engage in vigorous activity for

- a. 20 minutes once a week
- b. 60 minutes daily
- c. 60 minutes 1 or 2 times per week
- d. 20 minutes 3 or more times per week

Answer: _____

31. Discuss the long-term benefits of engaging in physical activity in order to develop your cardiorespiratory endurance.

Answer:

32. Vessels that carry blood to the heart are called

- a. arteries
- b. capillaries
- c. fibrin
- d. veins

Answer: _____

33. Walking, jogging, and bicycling are examples of _____ activity.

- a. aerobic

- b. circuit training
- c. resistance training
- d. passive

Answer: _____

34. The body system that includes your heart, blood vessels, and blood is the

- a. cardiovascular system
- b. nervous system
- c. skeletal system
- d. respiratory system

Answer: _____

35. Identify the best match for the term *aerobic activity*.

- a. fatlike substance in the blood
- b. heart can supply necessary oxygen to muscles
- c. bad cholesterol
- d. heart cannot supply necessary oxygen to muscles
- e. carries cholesterol out of the bloodstream

Answer: _____

36. Identify the best match for the term *cholesterol*.

- a. fatlike substance in the blood
- b. heart can supply necessary oxygen to muscles
- c. bad cholesterol
- d. heart cannot supply necessary oxygen to muscles
- e. carries cholesterol out of the bloodstream

Answer: _____

37. Identify the best match for the term *high-density lipoprotein*.

- a. fatlike substance in the blood
- b. heart can supply necessary oxygen to muscles
- c. bad cholesterol
- d. heart cannot supply necessary oxygen to muscles
- e. carries cholesterol out of the bloodstream

Answer: _____

38. Identify the best match for the term *low-density lipoprotein*.

- a. fatlike substance in the blood

- b. heart can supply necessary oxygen to muscles
- c. bad cholesterol
- d. heart cannot supply necessary oxygen to muscles
- e. carries cholesterol out of the bloodstream

Answer: _____

39. Which component of fitness is considered the most important because of its benefits to health and wellness?

- a. muscular strength
- b. muscular endurance
- c. cardiorespiratory endurance
- d. flexibility

Answer: _____

40. What are the benefits of physical activity to the heart? (Choose all that apply.)

- a. pumps more blood with each beat
- b. reduces blood sugar
- c. beats more slowly
- d. works more efficiently

Answers: _____

41. Which is often referred to as bad cholesterol?

- a. low-density lipoproteins
- b. low-density red blood cells
- c. high-density lipoproteins
- d. high-density red blood cells

Answer: _____

42. Your heart rate is controlled by a part of the heart called the

- a. rhythm center
- b. beat controller
- c. pacemaker
- d. lipoprotein center

Answer: _____

43. What is a useful technology for measuring heart rate during physical activity?

- a. pedometer

- b. heart rate watch
- c. blood glucose monitor
- d. pacemaker

Answer: _____

44. The best test of cardiorespiratory endurance is the

- a. maximal oxygen uptake test
- b. PACER test
- c. walking test
- d. step test

Answer: _____

45. Which method is used to determine exercise intensity from heart rate?

- a. heart rate range
- b. percentage of maximal heart rate
- c. heart rate variability
- d. both a and b

Answer: _____

46. What is the suggested minimal intensity for the threshold of training for cardiorespiratory endurance?

- a. 40% heart rate range
- b. 75% maximal heart rate
- c. 50% heart rate range
- d. 80% maximal heart rate

Answer: _____

47. What is the suggested time for the target zone of training for cardiorespiratory endurance?

- a. 20 continuous minutes
- b. 40 continuous minutes
- c. 20 to 40 continuous minutes
- d. 20 to 60 continuous minutes

Answer: _____

48. List the two methods of determining your target heart rate zone.

Answer:

49. Why is it important to monitor your heart rate to make sure that it is in the target heart rate zone?

Answer:

50. Explain how cardiorespiratory endurance helps your cardiovascular system work more efficiently and helps prevent cardiovascular disease.

Answer:

51. Explain why cholesterol can be dangerous to your health.

Answer:

52. Why should you do more than one self-assessment for determining your cardiorespiratory endurance?

Answer:

53. You decide that you need to develop a program to improve your cardiorespiratory endurance. What are some lifelong changes that you should incorporate into your program? Explain.

Answer: