

# Cardio March

## Assessment 1

Name \_\_\_\_\_

Use the words in the word bank to complete the sentences.

1. After a warm-up and a dynamic stretch you are ready for the actual \_\_\_\_\_.
2. \_\_\_\_\_ fitness is thought to be the most important component of physical fitness.
3. *Cardio* refers to the \_\_\_\_\_ and *vascular* refers to the blood and circulatory system.
4. The heart is a \_\_\_\_\_.
5. When you perform a cardiovascular workout then you are exercising the heart and circulating the \_\_\_\_\_.
6. \_\_\_\_\_ exercises are best for developing cardiovascular fitness.
7. *Aerobic* means "with oxygen" and includes continuous activities that use \_\_\_\_\_.
8. That means that your \_\_\_\_\_ may become more difficult, but you are still able to talk while exercising.
9. If you get to the point where you are exercising too hard to talk, then you have become \_\_\_\_\_.
10. Heart \_\_\_\_\_ is the number of times your heart beats in 1 minute (BPM = beats per minute).
11. If using a perceived exertion scale from 1 to 10, you want to work at a 6 or \_\_\_\_\_ for moderate at and at an 8 or \_\_\_\_\_ for vigorous.

### Word Bank

oxygen	aerobic	workout
rate	7	anaerobic
breathing	9	cardiovascular
cardiac muscle	heart	blood