

## **Cardiovascular Power Point Worksheet**

Name \_\_\_\_\_

Teacher \_\_\_\_\_

As you view the power point presentation on-line, answer the following questions.  
Please turn it in to your respective teachers.

1. List the four things you should learn today (objectives)
  - 1.
  - 2.
  - 3.
  - 4.
2. Why is cardiovascular fitness considered the most important fitness component?
3. What are the components of the cardiovascular and respiratory system?
4. What parts of the body does cardio-respiratory fitness benefit?
5. What activities are most likely to improve aerobic fitness? (List at least five)
6. What is the amount of time and the target heart rate you must reach to ensure cardiovascular fitness?
7. The cardiovascular system improves due to exercise because:
8. What tools do you need to measure our cardiovascular fitness?
9. What are the parts of the cardiovascular system?

10. Define LDL, HDL and give the suggested ratios.
11. List three ways you can assess cardiovascular fitness.
12. Describe in detail one test you could use to determine your cardiovascular fitness level.
13. Explain the difference between aerobic activities and anaerobic activities.
14. What does F.I.T. stand for as it relates to cardiovascular activities?
15. What test will you use to measure your cardiovascular fitness every 10 weeks?