

Cardiovascular Fitness – Application

Part I: Record your heart rate for the following:

1. Resting heart rate _____
2. Resting school heart rate _____
3. Stretching for two mins. _____
4. Walking up and down stairs (2 mins) _____
5. Run up and down stairs (1 min.) _____
6. Rest for 5 mins _____

Part II: Principle of Overload

Which of the activities in part one made your heart beat faster?

Why ?

Part III: Principle of Progression

If you were able to jog one mile in 10 min., how would you progressively increase your performance by using the:

1. (F) frequency variable?
2. (I) intensity variable?
3. (T) time variable?

Part IV: Principle of Specificity

1. What part of the body or muscles did you exercise or overload when performing the 1 mile run?

2. List two criteria for an activity to be classified as aerobic.
 - A. _____
 - B. _____
3. Can you name an aerobic activity that does not require use of the arms and/or legs?
