

Cardiorespiratory Endurance Fitness Pre-Assessment Study Guide

Name: _____ Period _____

Matching: Match the vocabulary word or statement on the left to the best definition or answer listed on the right. Record your answer in the space provided.

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| _____ 1. Resting HR | a. How fast an individual trains. |
| _____ 2. Aerobic Exercise | b. How often an individual trains. |
| _____ 3. THR | c. The amount of times your heart beats per minute during exercise according to the age of the individual. |
| _____ 4. Intensity | d. A nonstop, vigorous and rhythmic exercise; running. |
| _____ 5. Time | e. How long an individual trains; i.e. time 30 mins. |
| _____ 6. Frequency | f. Increased blood volume to the heart during exercise. |
| _____ 7. Progression | g. The large skeletal muscles of the legs return increased amounts of blood to the heart. |
| _____ 8. Muscle Pump | h. Increasing cardio out-put |
| _____ 9. Over load | i. Basic working condition of the heart, lungs, and vascular system. |
| _____ 10. Cardio-respiratory Endurance | j. The amount of heart beats per minute when the heart is at rest. |