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; least 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
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: