

# Cardio Respiratory Endurance

## I. Cardio Respiratory System

The Heart:

- Right Side: \_\_\_\_\_
- Left Side: \_\_\_\_\_

Blood Pressure:

- Systole - \_\_\_\_\_
- Diastole - \_\_\_\_\_

Blood Vessels

- Arteries - \_\_\_\_\_
- Veins - \_\_\_\_\_
- Capillaries - \_\_\_\_\_

Respiratory System

- Alveoli - \_\_\_\_\_
- Lungs \_\_\_\_\_ and \_\_\_\_\_ about 12- 20 times per minute.

Cardio-Respiratory System at Rest	Cardio-Respiratory System During Exercise

## II. Energy Production

- Metabolism - \_\_\_\_\_  
\_\_\_\_\_
- Energy From Food:
  - \_\_\_\_\_

- \_\_\_\_\_
- ATP ( \_\_\_\_\_ ): \_\_\_\_\_  
\_\_\_\_\_

**III. Benefits of Cardio Respiratory Endurance and Exercise**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

**IV. Benefits of Cardio Respiratory Endurance Exercise**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**V. Assessing Cardio Respiratory Fitness**

*Field tests for maximal oxygen consumption:*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**VI. Monitoring Your Heart Rate**

- Carotid artery in the neck
- Radial artery in the wrist
  - Count beats for 10 seconds and multiply the result by 6 to get the rate in beats per minute.

**VII. Developing a Cardio Respiratory Endurance Program**

- Setting goals
- Applying the FITT equation:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

Frequency of Training	Intensity of Training
Time (Duration) of Training	Type of Training

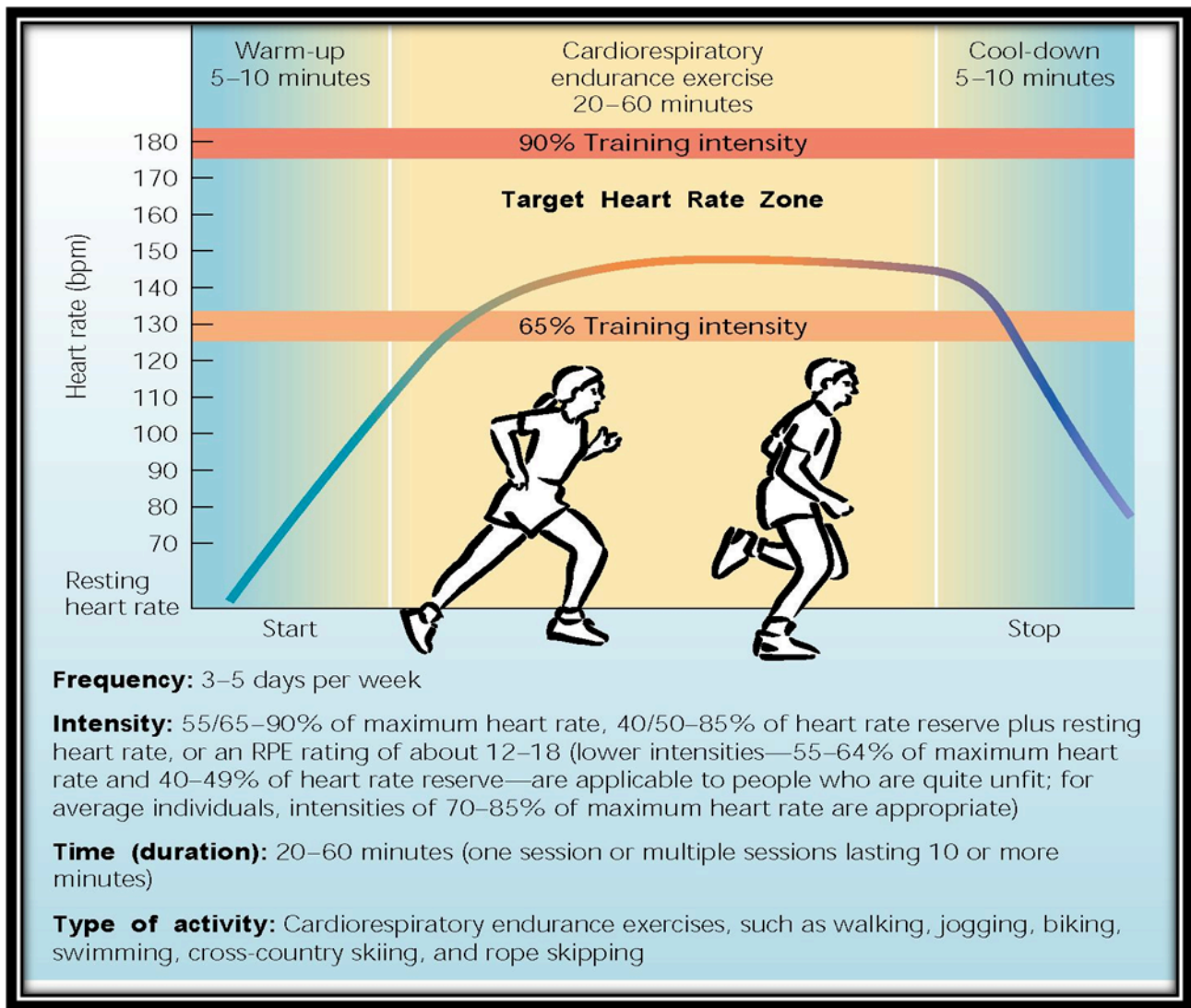
**VIII. Warming Up and Cooling Down**

Warm-Up ( \_\_\_\_\_ )

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Cool Down ( \_\_\_\_\_ )

- \_\_\_\_\_



**IX. Building Cardio Respiratory Fitness**

- Rate of improvement depends on \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and motivation.
- Initial Phase (1 - 4 Weeks): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- Improvement Phase (2-6 Months): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**X. Maintaining Cardio Respiratory Fitness**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

