Name:

Date:

School:

Facilitator:

3.04 Cardiovascular Endurance

Total Points: 30

**Answer the following questions in complete sentences. Put all answers in your own words.**

1. What is cardiovascular endurance?

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| **Answer the question below using complete sentences.** |
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1. Name five benefits of increased cardiovascular endurance.
	1.
	2.
	3.
	4.
	5.
2. Give five examples of moderate intensity aerobic activity.
	1.
	2.
	3.
	4.
	5.
3. Give five examples of vigorous intensity aerobic activity.
	1.
	2.
	3.
	4.
	5.
4. What is the difference between aerobic exercise and anaerobic exercise?

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| **Answer the question below using complete sentences.** |
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1. Give three examples of anaerobic activities.
	1.
	2.
	3.
2. How much time should you, as a teen, devote daily to training for cardiovascular endurance?

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| **Answer the question below using complete sentences.** |
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1. To receive a fitness benefit from cardiovascular endurance activities, how often (frequently) do you have to perform the activities?

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| **Answer the question below using complete sentences.** |
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1. To receive a fitness benefit from cardiovascular endurance activities, how hard (intensely) do you have to perform the activities?

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| **Answer the question below using complete sentences.** |
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1. Give five examples of ways to add steps to your day.
	1.
	2.
	3.
	4.
	5.