**Cardiovascular Fitness Assessment**

\_\_\_\_\_1. Cardiovascular fitness refers to the ability of your heart, lungs and organs to\_\_\_\_\_\_ oxygen.

1. consume, transport, utilize b. release
2. discover d. produce

\_\_\_\_\_\_ 2. Your \_\_\_\_\_\_\_\_\_is the maximum volume of oxygen your body can consume and use.

a. breathe b. VO2 min

c. VO2 max d produce

\_\_\_\_\_\_ 3. Symptoms of \_\_\_\_\_\_\_\_\_\_\_can start to develop when people are in their teens.

a. lung disease b. obesity

c. stomach issues d. heart disease

\_\_\_\_\_\_ 4. The heart is a \_\_\_\_\_\_\_ that gets stronger with \_\_\_\_\_\_\_\_\_\_.

a. tissue, enough sleep b. vessel, oxygen

c. organ, food d. muscle, exercise

\_\_\_\_\_\_ 5. The “official” guidelines state that you should work out \_\_\_\_\_\_\_minutes per day.

a. 40-70 b. 30-60

c. 35-65 d. 15-30

\_\_\_\_\_\_ 6. Cardio activity that fall between 60-70% of your maximum heart rate is called\_\_\_\_\_\_\_.

a. moderate intensity b. high intensity

c. low intensity d. intermediate intensity

\_\_\_\_\_\_ 7. Cardio activity that falls between 75-85% of your maximum heart rate is called\_\_\_\_\_\_.

a. moderate intensity b. high intensity

c. low intensity d. intermediate intensity

\_\_\_\_\_\_ 8. Cardio activity that falls below 55% of your maximum heart rate is called\_\_\_\_\_\_\_\_\_\_\_.

a. moderate intensity b. high intensity

c. low intensity d. intermediate intensity

\_\_\_\_\_\_ 9. The heart rate of an active person pumps \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_which means it is

working more efficiently.

1. more blood with fewer beats b. more blood with less beats
2. less blood with fewer beats. d. less blood with less beats

\_\_\_\_\_\_ 10. Activity zone that raises your heart rate, but still allows you to talk, while working out is\_\_\_\_\_.

1. Moderate heart rate zone b. Interactive heart rate zone
2. Intense heart rate zone d. Target heart rate zone.

\_\_\_\_\_\_ 11. A benefit of cardiovascular exercise is\_\_\_\_\_\_\_\_\_\_.

1. Burns calories b. helps reduce stress
2. neither a nor b d. both a and b

\_\_\_\_\_\_ 12. It is important to develop and maintain\_\_\_\_\_\_\_\_\_\_\_ early in life.

1. Muscular strength b. cardiovascular fitness
2. flexibility d. muscular endurance