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Summary: Cardiovascular fitness
includes the efficient operation of the

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circulatory and respiratory systems. The more active you are, the more energy you will have. The efficiency of the heart is important in cardiovascular fitness. Aerobic exercises such as, swimming and

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Lesson 7.2 Building Cardiovascular Fitness. Answer ; The first is called the heart rate range (HRR) method. This formula uses the range between your resting and maximal heart rates for

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calculation. 13 Lesson 7.2 Building Cardiovascular Fitness Answer (continued) 14 Lesson 7.2 Building Cardiovascular Fitness. Answer (continued)

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Answer: The tests which we use for

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Lesson 7.1 Cardiovascular Fitness Facts.
Answer ; The heart benefits by being
able to pump more blood per beat. The
lungs are able to increase the amount of
oxygen that diffuses into the blood. 9

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Lesson 7.1 Cardiovascular Fitness Facts.
Answer (continued) The blood can carry more oxygen to the working muscles.

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fitness? Its the most important part of the 11 parts of fitness (5 health-related and 6 skill-related) bc those who have it receive many health and wellness benefits including a chance to live a longer life.

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Kaimua. Terms in this set (64)

Cardiovascular fitness. the ability of the heart, blood vessels and respiratory system to supply ...

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Lesson 7.1: Cardiovascular Fitness Facts
Self-Assessment 7: Cardiovascular
Fitness—Step Test and One-Mile Run. 8
Lesson 7.1: Cardiovascular Fitness Facts
Answer The heart benefits by being able
to pump more blood per beat.

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Cardiovascular system. Body system made up of heart, blood, ... Chapter 7- Combinations for Fitness 15 Terms.

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Blood pressure is the measure of blood force against the walls of the arteries.

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Atherosclerosis is a condition in which fatty deposits build up on inner walls of arteries, causing narrowing of the arterial passageway. Maximum heart rate is heart rate that should not be exceeded

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