

# Answer Key—Cardiovascular Fitness

## Cardiovascular Fitness Activity 1

### Discussion

How did you feel during the aerobic workout? *It wasn't that hard. I could breathe easily especially if I stayed close to 142*

How quickly did you recover during the cool-down? Why? *I recovered in just a few minutes because I did not get my heart rate up that high during the minimal workout*

### Evaluation

1. What does aerobic mean? *Aerobic means with oxygen, being in my target heart rate zone, being between 142–186 BPM*
2. If you are aerobically fit, what health risks are decreased? *heart disease, cardiovascular disease, diabetes II, obesity and related diseases*
3. What types of activities are aerobic? *Continuous activities such as jogging, biking, rowing, stepping, walking, etc.*
4. If I have a low resting heart rate, what does that mean? *a low resting heart rate means that my heart works more efficiently*

## Cardiovascular Fitness Activity 2

### Discussion

How many minutes did it take to get into your own Target Heart Rate Zone? Describe your breathing and your RPE at that point. *Answers will vary, able to easily carry on a conversation. I rated a 12 or 13 and felt I was working at a moderate level*

How many minutes did it take to get to the upper end of your Target Heart Rate Zone? Describe your breathing at that point. *Answers will vary—getting really hard to talk. I felt I was working at a 16 or 17*

How many minutes were you in your own Target Heart Rate Zone? How did your breathing change as you went from the lower end of your zone to the upper end of your zone? *Answers will vary, conversation became more difficult*

How many minutes were you exercising until talking became too difficult to carry on a normal conversation? Were you in or out of your target heart rate zone? *Answers will vary*

### Evaluation

1. Do you feel you could use the talk test or RPE as indicators of heart rate intensity? Explain. *Yes, I think I will be able to tell when I am in my target heart rate zone by trying to talk. If talking is a little difficult but I'm still able to talk I am probably in my own zone. I think I could feel when it was getting too hard and my RPE was accurate*
2. What is the relationship between your heart rate pulse, breathing, RPE, and target heart rate zone? *Heart rate consistently went up with each new increase in speed, it was easy to talk while in my zone but as I got to the higher end of zone breathing became more difficult. I was able to rate my RPE accurately especially if I used talking as a helper.*

# Fitness City Answer Key

**Joacim Rocklöv**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

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