Name: _____   Block: _____   Date: ___/___/___

FITNESS HOMEWORK : Cardiovascular Workout

What is cardiovascular exercise?

Some people refer to cardiovascular exercise as aerobic exercise; some people even call it 'cardio' for short. All it amounts to is exercises that involve the large muscles like legs and help make your heart and lungs stronger. Cardiovascular exercise has lots of health benefits like lowering your blood pressure, and also it can burn lots of calories - for those of you who want to lose weight.

Cardiovascular exercise is activity involving the large muscles, such as your legs. The word 'aerobic' refers to something that needs oxygen. During cardiovascular or aerobic exercise oxygen gets continuously delivered to your muscles. Outside of exercise, terms like 'aerobic bacteria' refer to bacteria that need oxygen to survive, and 'anaerobic bacteria' are ones that do not need oxygen to stay alive.

To give your heart a proper workout you need to make sure that you do your cardiovascular exercise with a certain amount of intensity, but you don't want to overdo it. One way measure the amount of exertion while exercising is by monitoring your heart rate.

You can measure your heart rate manually or with a heart rate monitor. I prefer using a heart rate monitor, but more about that later. Heart rate is the number of times your heart beats per minute. Everyone has a resting heart rate, which is just what it sounds like - the rate your heart beats per minute while you are resting. Everyone also has a maximum heart rate, which the maximum amount of times your heart can beat in a minute. Your 'target heart rate zone' is a range of heart rate that is considered to be the best rate to be in to give your heart a good workout. This range is between 50% and 85% of your maximum heart rate.

Assignment – Physical – 30 min. cardiovascular workout of your choice.

Activity: _____

Parent Signature (Required):_____
I participated with my child: Yes _____ **(.5 extra credit) No**_____

1) What makes the workout a cardiovascular workout?

2) What are some of the health benefits of a cardiovascular workout?

3) Define aerobic.