

Freshmen Physical Education Final Exam Review



Benefits of Exercise

1. Lowers resting heart rate
2. Releases daily stress
3. Reduces risk of heart disease
4. Improves circulation and respiration
5. Maintains healthy weight

Cardiovascular Endurance

Cardiovascular Endurance is the ability to perform prolonged, large-muscle, dynamic exercise at moderate to high levels of intensity. Examples of cardiovascular activities include walking, jogging, cycling, swimming and aerobics.

Major organs in the body that are directly affected by cardiovascular exercise include the heart and lungs.

Heart Rate and Exercise

Target Heart Rate Zone (THRZ) is the range of heart rates that should be reached and maintained during cardiovascular endurance to obtain training effects.

THRZ: 140 – 180 Beats Per Minute (BPM)

Maximum and Minimum Heart Rate is the top and bottom number of your target heart rate range. Max and Min HR levels are used to determine the intensity of your workout.

THRZ Formula: $220 - \text{age} \times .60 = \text{Minimum Heart Rate}$

$220 - \text{age} \times .90 = \text{Maximum Heart Rate}$

Resting Heart Rate is the number of beats per minute while your body is at rest. Your resting heart rate can be used to determine your current level of

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Whispering the Secrets of Language: An Emotional Journey through **Physical Education Final Exam Study Guide Ny**

In a digitally-driven world where screens reign supreme and instant conversation drowns out the subtleties of language, the profound strategies and emotional subtleties hidden within phrases frequently get unheard. Yet, situated within the pages of **Physical Education Final Exam Study Guide Ny** a interesting fictional treasure pulsing with natural thoughts, lies a fantastic quest waiting to be undertaken. Composed by a talented wordsmith, that wonderful opus invites visitors on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within ab muscles material of each and every word. Within the mental depths of this poignant review, we shall embark upon a genuine exploration of the book is primary themes, dissect their captivating writing model, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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