

# 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

# Physical Education Final Exam Study Guide Ny

**B Lingard**



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