

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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David Baud



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Enjoying the Track of Phrase: An Emotional Symphony within **Physical Education Final Exam Study Guide Ny**

In some sort of taken by monitors and the ceaseless chatter of instant conversation, the melodic elegance and psychological symphony developed by the prepared term usually disappear into the background, eclipsed by the relentless noise and distractions that permeate our lives. However, nestled within the pages of **Physical Education Final Exam Study Guide Ny** a charming fictional prize filled with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that charming masterpiece conducts visitors on a psychological journey, skillfully unraveling the concealed melodies and profound influence resonating within each cautiously crafted phrase. Within the depths of this touching assessment, we shall discover the book is key harmonies, analyze its enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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