

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

Ying Liu



Physical Education Final Exam Study Guide Ny:

This book delves into Physical Education Final Exam Study Guide Ny. Physical Education Final Exam Study Guide Ny is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Physical Education Final Exam Study Guide Ny, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Physical Education Final Exam Study Guide Ny
 - Chapter 2: Essential Elements of Physical Education Final Exam Study Guide Ny
 - Chapter 3: Physical Education Final Exam Study Guide Ny in Everyday Life
 - Chapter 4: Physical Education Final Exam Study Guide Ny in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Physical Education Final Exam Study Guide Ny. The first chapter will explore what Physical Education Final Exam Study Guide Ny is, why Physical Education Final Exam Study Guide Ny is vital, and how to effectively learn about Physical Education Final Exam Study Guide Ny.
 3. In chapter 2, this book will delve into the foundational concepts of Physical Education Final Exam Study Guide Ny. The second chapter will elucidate the essential principles that must be understood to grasp Physical Education Final Exam Study Guide Ny in its entirety.
 4. In chapter 3, this book will examine the practical applications of Physical Education Final Exam Study Guide Ny in daily life. This chapter will showcase real-world examples of how Physical Education Final Exam Study Guide Ny can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Physical Education Final Exam Study Guide Ny in specific contexts. This chapter will explore how Physical Education Final Exam Study Guide Ny is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Physical Education Final Exam Study Guide Ny. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Physical Education Final Exam Study Guide Ny.

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