

Lesson Quiz | 8-3

Fill in the Blanks

I. Directions: *Fill in the blank spaces with the correct answers.*

1. The main muscle of your cardiovascular system is the _____.
2. The level of intensity in aerobic conditioning can be expressed as a measure of _____.
3. The _____ is the range your heart rate should be in during aerobic exercise or activity for maximum cardiorespiratory endurance.
4. If you have been out of training for a significant period after achieving a moderate level of fitness, you are _____.
5. While you are modifying your FITT, you should never change the frequency, _____, time, or type of activity you are doing too quickly.

True or False

II. Directions: *Place a "T" in the space if the statement is true; place an "F" in the space if the statement is false.*

- _____ 6. Your cardiorespiratory FITT should not be designed to achieve the principle of overload.
- _____ 7. If you are just starting cardiorespiratory conditioning, your goal should be 20 to 30 minutes per session.
- _____ 8. Individuals at good-to-better levels of cardiorespiratory fitness should work at sessions that last 40 to 60 minutes.
- _____ 9. Aerobic activities are those that are rhythmic, continuous, and use small muscle groups.
- _____ 10. The guidelines for FITT do not work for all people. Teens with special needs should consult with a health or fitness professional before participating in a cardiorespiratory program.