

Fitness for Life
Chapter 7 – Chapter review

1. Vessels that carry blood to the heart are called veins.
2. Walking, jogging, and bicycling are examples of cardio activity.
3. The body system that includes your heart, blood vessels, and blood is the Cardiovascular system.
4. Carriers of cholesterol in the blood are called HDL.
5. The body system that includes your lungs and air passages is the respiratory system.

Next to each number, write the letter of the best answer.

- | | | |
|-----------------------------|------------------|---------------------------------------------------|
| 6. Aerobic activity | _____ | a fatlike substance in the blood |
| 7. cholesterol | _____ | b heart can supply necessary oxygen to muscles |
| 8. high-density lipoprotein | _____ | c bad cholesterol |
| 9. low-density lipoprotein | _____ | d heart cannot supply necessary oxygen to muscles |
| 10. anaerobic activity | _____ | e carries cholesterol out of the bloodstream |

11. describe the two different methods of determining your heart rate target zone.

Pulse, HRR

12. Why is it important to monitor your heart rate to make sure that it is in the target heart rate zone?

To be working enough but not overworked.

13. Explain how cardiovascular fitness helps your cardiovascular system work more efficiently and helps prevent cardiovascular diseases.

Strengthens the system

14. Explain why cholesterol can be dangerous to your health.

It can build up in the body

15. Why should you do more than one self-assessment for determining cardiovascular fitness?

Results vary