

Name _____

Date _____

Cardiorespiratory Fitness PowerPoint Assignment

1. What is Cardiorespiratory fitness? What are the components of the System?

2. What can happen if you have poor Cardiorespiratory fitness? What are diseases or illnesses than may occur?

3. What is Aerobic exercise?

4. What Is The FITT Principle For Improving Cardiorespiratory Fitness? (Meaning...**How Often, How Hard, And For How Long**...Should You Be Doing Aerobic Activities Each Week?)

Frequency - _____

Intensity ~ _____

Time~ _____

Types~ _____

5. What lifestyle/ activity choices do you need to make personally each week to improve or maintain your cardiorespiratory fitness?