

7th Grade Review Sheet: Cardiovascular Fitness

Use the following materials to help prepare for the upcoming Cardiovascular Fitness Test:

1. P.E. Review Sheet
2. Cardiovascular Fitness Guide available on the OOJH Website (go to Physical Education→Study Guides)
3. Instruction given in class and on the track or field

Review Questions:

A. F.I.T.T. Formula—stands for *Frequency, Intensity, Time and Type* in relation to cardiovascular activity

- Be able to define each word and give the proper requirements for each. *For example, **Frequency** is defined as **how often you are working out**. It is advised that you should do some type of Cardiovascular Activity **3-4 times a day**. Now, use your Study Guide to find the other parts of the formula.*

B. Define Aerobic Activity and provide examples.

C. Cross Country

1. What are differences between a traditional Cross Country run and running on a track?
2. What type of running is Cross Country?
3. What is Pacing? Is this a good strategy to use while running long distances?
4. What is the proper breathing technique to use while running long distances?
5. When you have a cramp or “stitch” in your side while running, what is the best way to work it out?
6. What is a good strategy to use at the end of a Cross Country Race?

D. Target Heart Range

1. Define Target Heart Range (THR)
2. What are two ways to measure your heart rate?
3. How many beats per 6 seconds should an OOJH students' THR be? How much would that be in a minute?

E. Benefits of regular Physical Fitness

1. There are many benefits to exercising regularly. Use the Study Guide to find out what they are AND whether each benefit **increases** or **decreases** by exercising regularly.