

8th 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.
- Be able to apply the F.I.T.T. Formula to specific situations and settings.

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. What should the percentage range of your MAXIMUM HEART RATE be while exercising aerobically?
4. 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. There are also many **RISKS** when you do not exercise on a regular basis. Be able to know what a benefit is and what a risk is. Identify specific examples. **HINT:** You should know more than one!!!