



Week 1

# Cardiorespiratory Fitness

# OBJECTIVES



Define cardiorespiratory fitness.



Identify exercises that improve cardiorespiratory fitness.



Name benefits of cardiorespiratory fitness.

# Review – FITT Principle

Frequency

- How often you exercise

Intensity

- How hard you exercise.

Time

- How long you exercise

Type

- Specific exercises that you do.

# Cardiorespiratory Fitness

The background of the slide features five dark silhouettes of runners in various stages of a running stride, moving from left to right. The runners are of different builds and are wearing athletic gear like shorts, leggings, and a cap. The overall scene is set against a dark, gradient background.

- **Cardiorespiratory fitness** relates to the body's ability to generate energy and deliver oxygen to working muscles. It is considered the most important component of physical fitness and is one of the best indicators of overall health.

# Aerobic Exercise



Aerobic exercise is rhythmic activity that uses large amounts of oxygen and works the heart and lungs.

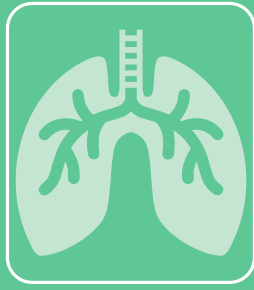


Aerobic exercises are best for developing cardiovascular fitness.



Walking, biking, jogging, skating, and swimming are just a few examples of aerobic activities.

## Benefits of Cardiorespiratory Fitness



One long-term result of regular aerobic activity is cardiorespiratory endurance.



This is the ability of the body to work continuously for extended periods of time.



Those who have a high level of cardiovascular fitness have lowered risks of adult lifestyle diseases, such as cardiovascular disease, type 2 diabetes, and obesity.

# Other Benefits

reduce high blood pressure (hypertension)

lower resting heart rate

help control weight and appetite

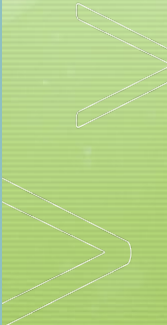
outlet to relieve stress

being physically fit can help one be more competitive in sports

being fit can help prevent injury



# Conclusion

- Cardiorespiratory fitness relates to the body's ability to generate energy and deliver oxygen to working muscles.
  - Aerobic exercises are best for developing cardiovascular fitness.
  - Those who have a high level of cardiovascular fitness have lowered risks of adult lifestyle diseases.
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# Test Your Knowledge

- Click on the link below to take a quiz on cardiorespiratory fitness.
- [https://www.educaplay.com/learning-resources/5254309-cardiorespiratory\\_fitness.html](https://www.educaplay.com/learning-resources/5254309-cardiorespiratory_fitness.html)