**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** Look at the Power Point on Chapters 5 and 6. Then answer the following questions.

Chapter 7 and 8

1. Define Cardiorespiratory Endurance:
2. List 3 benefits of cardiorespiratory endurance:
3. Define Aerobic:
4. Give an example of aerobic exercise:
5. What is Maximal Oxygen Consumption (VO2Max)?
6. Define Anaerobic:
7. Give an example of anaerobic exercise:
8. List the parts of the Circulatory System:

1.

2.

3.

4.

1. Define hemoglobin:
2. Define stroke volume:
3. Define Artery:
4. Define Vein:
5. Define Capillaries:
6. What is the principal organ of the respiratory system?
7. Describe respiration:
8. What is a lifestyle disease?
9. Define cardiovascular disease:
10. Define artherosclerosis:
11. What is Blood Pressure?
12. What is systolic pressure?
13. What is diastolic pressure?
14. What is the normal Blood Pressure Numbers?