

**Morton West
Physical Education
Cardiovascular Endurance Study Guide**

- **Definition: The ability of your heart to pump oxygen-rich blood to your muscles during exercise for an extended period of time.**
- **“Cardio”** means heart and **“Vascular”** means blood vessels. The heart acts as a pump to supply blood to the body’s systems.
- Your **heart rate** is the number of times your heart beats in one minute.
- **Resting heart rate is your heart rate while completely at rest.** People with RHR over 70 have a greater risk for heart attack. Regular continuous aerobic exercise will decrease your resting heart rate which means you heart is getting stronger.
- **As you become increasingly fit, your RHR decreases because your cardiovascular system is more efficient**
- The **Pacer Test** is used to measure one’s cardiovascular endurance- **the amount of laps completed is indicative of your cardiovascular endurance. The more laps completed, the “better” your cardiovascular endurance.**
- Your heart is a **muscle** and gets stronger through the right kind of exercise, such as running or swimming.
- **To improve cardiovascular endurance a student can participate in playing soccer 3-5 days a week for 35 minutes.**

Cardiovascular Endurance Terminology

Recovery Heart Rate- Beats Per Minute (BPM) immediately following intense exercise

Aerobic- exercise With oxygen

Anaerobic- exercise without oxygen

HIIT- High Intensity Interval Training

Resting Heart Rate- Beats per minute at complete rest

Pacer Test- Tests your Cardiovascular Endurance