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Chapter 7: Cardiovascular FitnessLesson 7.2: Building Cardiovascular FitnessTaking Charge: Learning to Self-Monitor. Lesson 7.2: Building Cardiovascular FitnessLesson Objectives:• Explain the difference between aerobic activity and anaerobic activity. • Describe the FIT formula for developing cardiovascular fitness. •

Chapter 7: Cardiovascular Fitness - Moodle Pages 1 - 28 ...

CBSSE Class 12 Physical Education Notes Chapter 7 Test and Measurement in Sports is part of Physical Education Class 12 Notes for Quick Revision. Here we have given NCERT Physical Education Class 12 Notes Chapter 7 Test and Measurement in Sports. ... Cardiovascular fitness is the ability of the heart and lungs to supply oxygen, rich blood to the ...

Class 12 Physical Education Notes Chapter 7 Test and ...

Test. PLAY. Match. Gravity. Created by. abbeycasa. Ughhhh. Terms in this set (15) Cardiovascular system. Body system made up of heart, blood, and vessels; purpose is moving oxygen and nutrients to body cells and removing cell wastes. ... Chapter 7- Combinations for Fitness 15 Terms. E_mm_a. Chapter 7- Combinations for Fitness :) 15 Terms. sparks13.

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PPT - Chapter 7: Cardiovascular Fitness PowerPoint ...

7.4 Measurement of Cardio-Vascular Fitness-Harward Step Test/Rock Port Test. Cardiovascular fitness is the ability of an individual to strengthen the heart muscles during continuous muscular activities in which numbers of muscles groups are used. 1. Harward Step Test-Aerobic Fitness (Recovery time)

Test and Measurement in Sports Class 12 Notes Physical ...

the multistage bleep test More sedentary people can do the Cooper 1.5-mile walk-run test. You can also do a treadmill test or estimate your own levels comparing how fast you run to average results ...

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The Harvard Step Test is a test that measures cardiovascular fitness. The equipment required to perform the test are bench 20 inches high, stopwatch and metronome. The procedure is that the performer steps up and down 30 times a minute on the bench. Each time the subject should step all the way up on the bench with the body erect.