Fitness for Life
Chapter Eight – Cardiorespiratory Endurance Homework Assignment

1. Identify one vital system involved in Cardiorespiratory Endurance and include the body parts that make up the system?

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2. Identify the second vital system involved in Cardiorespiratory Endurance and include the body parts that make up the system?

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3. Determine your maximal heart rate using the following equation: Estimated maximal heart rate = 220 – your age

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4. Find your 15 second radial pulse. Your radial pulse is -

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5. In order to determine your "true" resting heart rate, you should take a 15-second radial pulse count first thing in the morning before you get out of bed or move around. Multiply this number by 4 to get your resting heart rate in beats per minute. Your "true" resting heart rate (beats per minute) is –

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6. You can perform an estimated resting heart rate by lying quietly for 5-10 minutes. Do not talk, and match the time of your inhalations with your exhalations (breathe in 3-5 seconds and breathe out for 3-5 seconds). Take your radial pulse count after 5 minutes. Your "estimated" resting heart rate (beats per minute) is –

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7. Now that you have your maximal heart rate (MHR) and your estimated resting heart rate (RHR), you can calculate your heart rate range (HRR; also called heart rate reserve) by using the following calculation: Maximal heart rate (MHR) – resting heart rate (RHR) = Heart rate range (HRR) Your heart rate range is –

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