

Application**AEROBIC AND ANAEROBIC ACTIVITY****7**

- A. Read the list of activities below. Circle each activity that features aerobic exercise. Draw a line under each activity that features anaerobic exercise.

aerobic dancing	mountain climbing	golf	boxing	downhill skiing
fencing	speed swimming	baseball	speed skating	basketball
tumbling	wrestling	karate	horseback riding	scuba diving
tennis	weightlifting	ballet	rowing	racquetball
swimming	hiking	gymnastics	soccer	bicycling
sprinting	jogging	walking	table tennis	cross-country skiing

- B. Answer the following questions.

1. Which activities could be aerobic or anaerobic depending on how you performed them?

2. How does participating in aerobic and anaerobic activities improve cardiovascular fitness?

3. Which type of activity, aerobic or anaerobic, is better for building cardiovascular fitness? Explain.

4. What is the best way to determine if an activity contributes to cardiovascular fitness?

5. Why is it important to develop cardiovascular fitness early in life?

6. Besides exercising regularly, what can you do to maintain cardiovascular fitness?

7. Elaine would like to build cardiovascular fitness. She likes to jog. Use the FIT formula principles to explain how Elaine might best build cardiovascular fitness through jogging.
