Chapter 16 Study Guide

The questions listed in this study guide will help guide you through important concepts from Chapter 16 of Human Nutrition. Read each corresponding section of Chapter 16 in the textbook, then answer the questions below.



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- I. The Essential Elements of Physical Fitness
 - What is cardiorespiratory endurance and how is it enhanced?
 - The ability of the heart and lungs to deliver oxygen to working muscles during continuous physical activity
 - What is aerobic exercise and what are the benefits of this type of exercise?
 - Aerobic exercise is continuous exercise (lasting more than 2 minutes) that can range from low to high levels of intensity.
 - It boosts your ability to supply the body's cells with oxygen and nutrients, and to remove carbon dioxide and metabolic waste
 - Trains the body to deliver oxygen more efficiently, which strengthens the heart and lungs, and reduces the risk of cardiovascular disease.
 - Define aerobic capacity and VO2 max.

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Anna Lorraine Guthrie,Bertha Tannehill,Neltje Marie Tannehill Shimer

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