

Fitness Focus

Aerobic and Anaerobic Training

Terminology

aerobic activity – activity where the body is able to keep up with the oxygen demands of the activity (longer duration, steady pace, increased breathing rate, can speak)

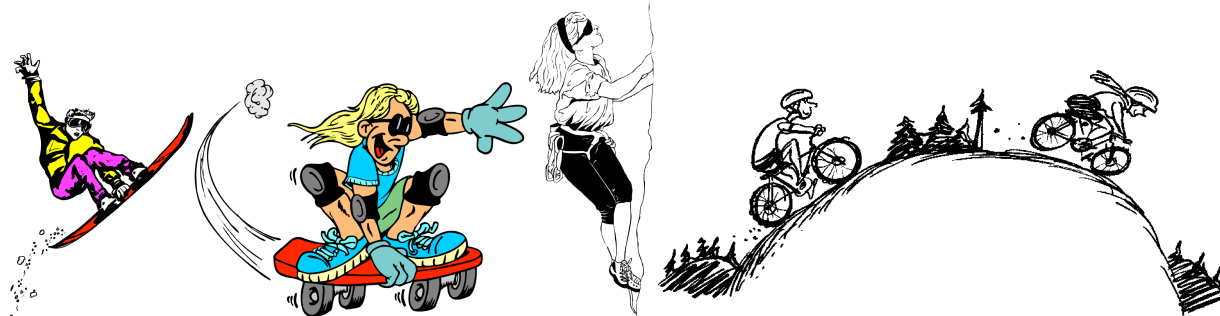
anaerobic activity – activity where the body cannot keep up with the oxygen demands of the activity (short duration, near maximum pace, rapid/deep breathing rate, difficulty speaking)

cardiovascular activity – activity where the heart is in the T.H.Z. for a sustained amount of time

interval training – ACTIVITY-REST-REPEAT (activity to rest ratio starts at 1:1 up to 1:6)

Example: sprinting – low intensity- sprint 10 seconds, rest 60 seconds, repeat

- high intensity- sprint 10 seconds, rest 10 seconds, repeat



Fitness Facts

Aerobic and cardiovascular activity can help maintain a healthy:

- heart and blood vessels
- lungs
- body composition
- brain

...and reduce the risk of **CARDIOVASCULAR DISEASE**.

Different activities or sports require different types of training. (aerobic and/or anaerobic)

- aerobic – walking, jogging, biking, swimming, dancing
- anaerobic – football, basketball, baseball, softball, gymnastics, wrestling, volleyball, surfing, skating

Interval training can be used to improve the anaerobic system.

Lesson Review

1. Describe aerobic activity and give an example.
2. Describe anaerobic activity and give an example.
3. Why is aerobic and cardiovascular activity important?
4. Describe and give an example of interval training. (Use a different example other than the one given.)
5. Describe and give an example of a cardiovascular activity.