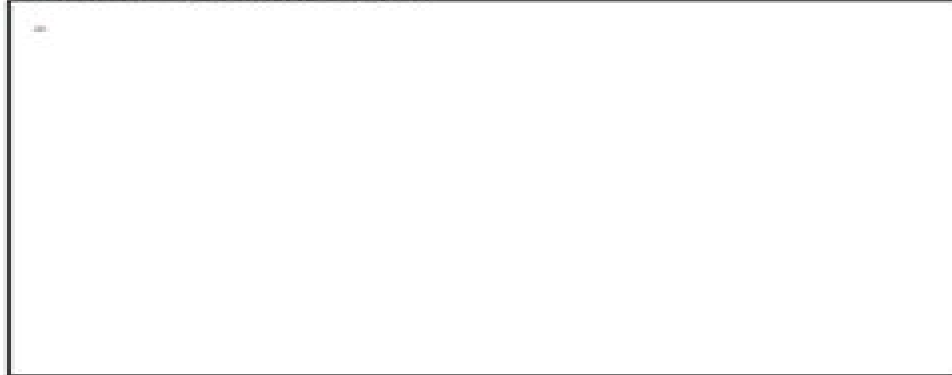


## Chapter 16 Study Guide

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 VO<sub>2</sub> max.

# Chapter 16 Study Guide Answers Physics

**Minjie Lin**



## Chapter 16 Study Guide Answers Physics:

*Study Guide and Student Solutions Manual for Wilson College Physics* David Cordes, Jerry D. Wilson, John Kinard, 1990  
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