

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.

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 This reader friendly book presents the fundamental principles of physics in a clear and concise manner. Emphasizing conceptual understanding as the basis for mastering a variety of problem solving tools it provides a wide range of relevant applications and illustrative examples. This book discusses mechanics, thermodynamics, and oscillations and wave motion. For anyone wishing to learn more about the fundamentals of physics and how physical principles apply to a variety of real world situations devices and topics.

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