

#	Question	Answer
1	What 3 readings do we have on our pedometers?	Steps, Activity Time & MVPA Time
2	What do you need to be able to do in order to manage your own pedometer?	Set the MVPA and reset everything to 0 when we begin
3	What do the letters MVPA stand for?	Moderate to vigorous physical activity
4	What health related fitness component does MVPA refer to?	Cardiorespiratory Endurance
5	What do the letters RPE stand for?	Rate of perceived exertion
6	What does rate mean?	How fast or how intense
7	What does perceived mean?	How a person sees or judges something
8	What does exertion mean?	How much energy you are using
9	What is an RPE Chart?	It's a scale with numbers, colors, images and descriptions that help you judge the level of your intensity if you don't have a heart rate monitor or pedometer.
10	How can you use an RPE chart to help you achieve MVPA minutes?	You can use the numbers, colors, images and descriptions as a guide to help you make adjustments to speed up or slow down to reach your goal
11	What two body systems are very involved when you participate in cardiorespiratory endurance activities?	The circulatory system and the respiratory system
12	What do the circulatory and respiratory system deliver to all parts of the body?	Fuel and oxygen
13	What substance carries the fuel and oxygen throughout the body?	blood
14	Define Cardiorespiratory Endurance	It is the ability of the circulatory and respiratory systems to deliver fuel and oxygen to the body during sustained periods of MVPA
15	When a person makes a commitment to make cardiorespiratory fitness a lifetime habit the body benefits. Name 4 of those specific benefits.	Stronger heart muscle, increase cardiac output, increased stroke volume, increased lung capacity increased muscle tone, more "good cholesterol" lower risk for heart disease, increased bone strength, lower risk of osteoporosis, strengthened immune system, balance brain chemicals for better mood, growth in the parts of the brain use for memory and learning
16	Which activity did you enjoy the most during our MVPA challenge this year and give 3 specific reasons why it was your favorite? (Fun is not specific enough. Think about why it was fun for you?)	Must state the name of the activity and give 2 specific reasons why... Fun cannot be one of them.
17	What are your 3 favorite ways to get MVPA outside of school?	Must be something that the person actually does.