

#	Question	Answer
1	What 3 readings do we have on our pedometers?	1. 2. 3.
2	What do you need to be able to do in order to manage your own pedometer?	
3	What do the letters MVPA stand for?	M V P A
4	What health related fitness component does MVPA refer to?	
5	What do the letters RPE stand for?	R P E
6	What does rate mean?	
7	What does perceived mean?	
8	What does exertion mean?	
9	What is an RPE Chart?	An RPE chart is

10	How can you use an RPE chart to help you achieve MVPA minutes?	
11	What two body systems are very involved when you participate in cardiorespiratory endurance activities?	1. 2.
12	What do the circulatory and respiratory system deliver to all parts of the body?	1. 2.
13	What substance carries the fuel and oxygen throughout the body?	1.
14	Define Cardiorespiratory Endurance (use complete sentences)	
15	When a person makes a commitment to make cardiorespiratory fitness a lifetime habit the body benefits. Name 3 of those specific benefits.	1. 2. 3.
16	Which activity did you enjoy the most during our MVPA challenge this year and give 2 specific reasons why it was your favorite? (Fun is not specific enough. Think about why it was fun for you?)	Activity _____ 1. 2.
17	What are your 3 favorite ways to get MVPA outside of school?	1. 2. 3.