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**FNDN 102 Personal Application assignment |Cardio Respiratory Training**

**INTRODUCTION**

**Cardio respiratory fitness refers to the ability of your cardiovascular system to deliver oxygen to your muscles**, and for your muscles to utilize oxygen to provide energy for sustained periods of physical activity. Cardio respiratory fitness can provide many health benefits such as:

* Stronger lung and heart function and blood circulation
* Decreased risk of heart disease
* Lower blood pressure
* Lower resting heart rate
* Lower blood cholesterol
* May reduce intra-abdominal fat stores
* Improved brain function
* Positively impacts mood state
* Increased muscle strength and endurance
* Improved sleep
* Improved bone density (Bouchard, et al 2012; Reiner et al. 2013)

Physical activities most frequently chosen to improve cardiovascular fitness are those which are considered "aerobic" such as walking and jogging, but "anaerobic" activities can also contribute to cardiovascular fitness.

**PART 1 | Participate and record**

Record your cardio respiratory training for one week. Cardio respiratory exercise is any large movement exercise that can be sustained for an extended period of time. **This assignment is asking for 150 mins of mild to moderate intensity (e.g. brisk walking) or 75 mins of vigorous intensity (e.g. running) over a minimum of three days in this week. Or you could do 30 mins of mild to moderate exercise daily for 5 days** (which is the recommendation of Health Canada)

**Week Workout sheet (see below)**

**Activity** - What type of cardiovascular activity were you engaged in?

**Duration** - How long did you engage in this activity (in minutes)?

**Intensity** - How hard was the activity (*mild* - heart rate increase, *moderate* - increased breathing
rate, *vigorous* – sweating only after a few minutes)

**PART 2 | Reflect on your week of cardiovascular exercise**

In one page reflect on the specifics of your program:

1. Why did you choose the various cardio vascular activities, schedules and facilities for your week long practice?
2. Reflect on how your practice impacted your quality of life. Did you experience any physical/mental/spiritual benefits? Can you be specific?
3. Would you continue, alter, or discontinue this cardio respiratory practice, and why/why not?

**Cardio Respiratory Exercise Weekly log sheet**

|  |  |  |  |
| --- | --- | --- | --- |
| Dates | **Activity** | **Duration (mins)** | **Intensity (mild, moderate or vigorous)** |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

**Reference list**

Bouchard, C., Blair, S. N., & Haskell, W. L. (2012). Physical activity and health. Human

 Kinetics.

Reiner, M., Niermann, C., Jekauc, D., & Woll, A. (2013). Long-term health benefits of physical

 activity – a systematic review of longitudinal studies. BMC Public Health, 13(1).

 https://doi.org/10.1186/1471-2458-13-813

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITY LOG** |  | **Value -10** | **MARK- 10** |
| Log submitted (1) | 1 pt for including log in assignment  | **1** | 1 |
| Log completed (9) | minimum of 3x per week, 150 mins of moderate intensity or 75 mins vigorous, dates of workouts, physical activity listed, with Intensities and durations. | **9** | 9 |
|  |  Sub-total | **10** | 10 |
|  |  |  |  |
| **REFLECTION QUESTIONS** |  | **Value -35** | **MARK- 35** |
| Questions answered | (3 x 1 pt each) | 3 | 3 |
| Length (full page) | 1 – less than half / 1.5 – three quarters / 2 - complete | 2 | 2 |
| 1. Degree of engagement | 5 – Basic response (little to no detail) / 7.5 – Adequate detail / 10 – Detailed, precise | 10 | 10 |
| 2. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 3. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
|  |  Sub-total | **35** | **35** |
|  |  |  |  |
| **PROFESSIONALISM / FORMATTING** |  | **Value- 5** | **MARK-5** |
| Title Page | 0 – not included / 1 – not APA complete / 2 – APA complete | 2 | 2 |
| Grammar / Formatting | 1 = 4+ errors / 2 = 2-3 errors / 3 = no errors | 3 | 3 |
|  |  Sub-total | **5** | **5** |
|  |  |  |  |
|  |  Total | **50** | **50** |
|  |  |  |  |
|  |  |  |  |
| **COMMENTS** |  |  |  |

**Cardio Respritory Fitness marking rubric (50)**