If Joey is trying to improve his cardiovascular fitness, the recommended type of exercise is the **Timed 1 Mile Run**.

When participating in the fitnessgram test, the sit and reach test measures **Flexibility**, which is one of the health-related fitness components.

The ability of muscles to lift a heavyweight describes **Muscular strength**.

The percentage of muscle, fat, bone, and other tissues of which the body is made up of, describes the fitness component of **Body Composition**.

The ability of the heart, blood vessels, blood, and respiratory system to supply fuel, especially oxygen, to the muscles describes the **Cardiovascular endurance** fitness component.

The range of motion around a joint describes **Flexibility**.

The ability of the muscles to repeatedly exert themselves over a long period of time describes **Muscular endurance**.

The trunk lift and the sit and reach measure **Flexibility**.

The pacer run test and the 1 mile run measure **Cardiovascular Endurance**.

The push-up test measures **Muscular Strength**.

The sit-up test measures **Muscular Endurance**.

The letters "C.P.R." stand for **Cardiopulmonary Resuscitation**.

The American Heart Association has instituted a new "Hands-Only" method of CPR. The following scenario is the only situation that Hands-Only CPR be appropriate to perform is when a tall woman who loses consciousness during your tennis match with her; no pulse, not breathing. This is because you watched her lose consciousness and you are there to perform immediate Hand-Only CPR.

The American Heart Association instituted Hands-Only CPR because in the appropriate cases when it should be used, there is already a good deal of oxygen in the victim’s body.

A good song to remember when giving compressions is the Disco song, **Stayin Alive by the Bee Gee’s**.