

BREATHING RATE

(Noun)

The number of breaths
taken in a minute.

Trixie noticed that her breathing rate
increased when she ran faster.

(VA SOL 1.3)

INTENSITY LEVELS

(Noun)

How hard the heart and other muscles work during exercise.

Addie worked at a low intensity level during the cool-down.

(VA SOL 1.3)

MODERATE

(Adjective)

Average in intensity.

Mr. Renta had his students choose a moderate pace for the warm-up activity.

(VA SOL 1.3)

VIGOROUS

(Adjective)

Done with great force and energy.

Vera exercised vigorously in order to condition her cardiovascular system.

(VA SOL 1.3)