

CARDIOVASCULAR HEALTH

LESSON #3 Hand In

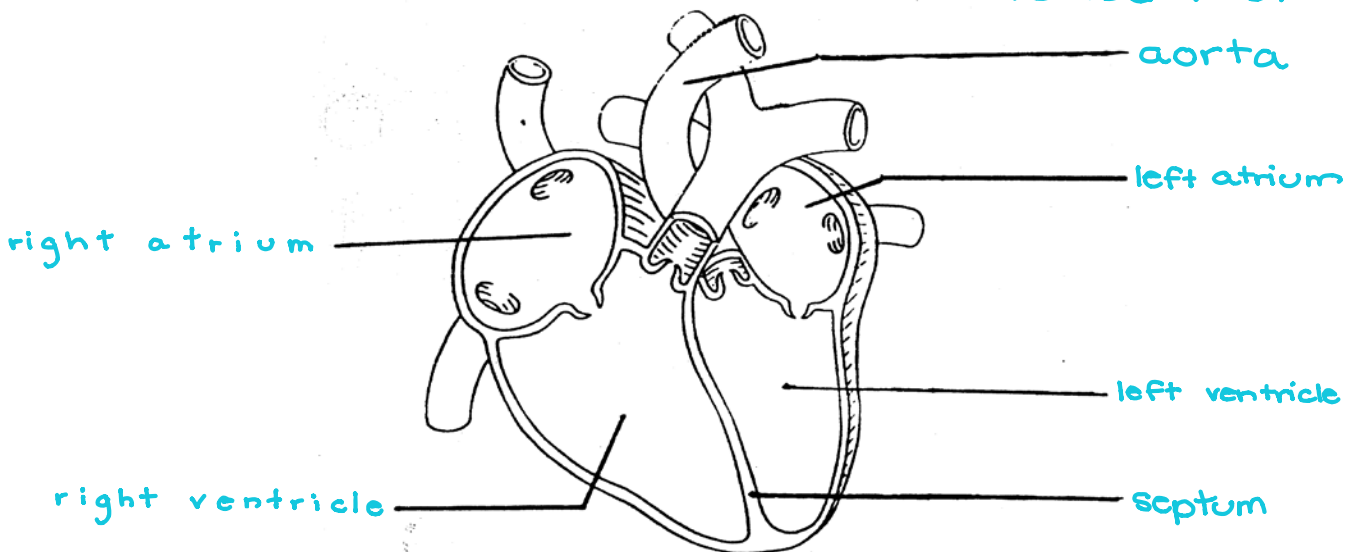
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THE CARDIOVASCULAR SYSTEM:

The heart, lungs and blood vessels all work together as a unit!

1. cardio refers to the heart. vascular refers to the system of blood vessels.
2. These vessels can be either atria (bring de-oxygenated blood back to the heart) or ventricles (bring oxygenated blood from the heart to the muscles and organs).
3. Deoxygenated blood enters the heart in the right atrium. Next it is pumped into the right ventricle. Blood then travels to the lungs to pick up oxygen before it returns to the left heart to be pumped out to the body.
4. Where is your heart and how big is it? your heart is found between your lungs & under your ribcage
it's about the size of a clenched fist

LABEL THE HEART:



Left Atrium: holds oxygenated blood from the lungs.

Left Ventricle: pumps oxygenated blood throughout the body.

Right Atrium: holds deoxygenated blood that has returned from the body.

Right Ventricle: pumps deoxygenated blood to the lungs.

Aorta: the largest artery in the body – transports oxygenated blood from the heart to the body.

Septum: the thick wall that divides the heart into two separate sides.

HEART DISEASE:

5. What heart related illness is the leading cause of death in North America?

cardiovascular disease

6. Name 4 factors that contribute to cardiovascular disease:

family history

smoking

diabetes

physical inactivity

7. List three strategies for preventing heart disease?

don't smoke

exercise 30m/d

eat healthy

CARDIOVASCULAR ENDURANCE:

1. How do you exercise the heart?

cardio | swimming & running

2. Describe each of the following terms:

a. Resting Heart Rate: b/m while resting

b. Maximum Heart Rate: maximum b/m[#] without collapse

c. Target/Training Heart Rate: b/m[#] to benefit heart

d. Recovery Heart Rate: how long it takes for your heart to return to normal heart rate

