

CARDIOVASCULAR HEALTH

LESSON #3 Hand In

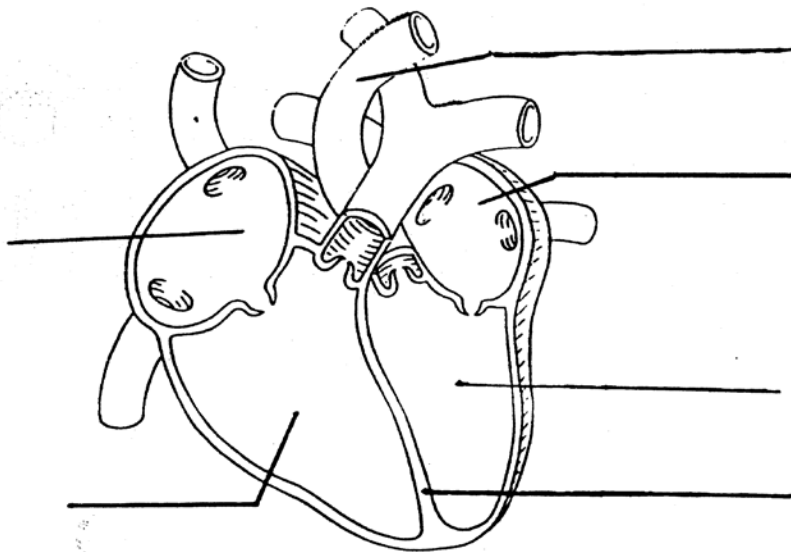
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THE CARDIOVASCULAR SYSTEM:

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

1. _____ refers to the heart. _____ refers to the system of blood vessels.
2. These vessels can be either _____ (bring de-oxygenated blood back to the heart) or _____ (bring oxygenated blood from the heart to the muscles and organs).
3. Deoxygenated blood enters the heart in the _____ atrium. Next it is pumped into the right _____. Blood then travels to the _____ 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? _____

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?

6. Name 4 factors that contribute to cardiovascular disease:

7. List three strategies for preventing heart disease?

CARDIOVASCULAR ENDURANCE:

1. How do you exercise the heart?

2. Describe each of the following terms:

- a. Resting Heart Rate: _____
- b. Maximum Heart Rate: _____
- c. Target/Training Heart Rate: _____
- d. Recovery Heart Rate: _____

