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# CARDIOVASCULAR HEALTH

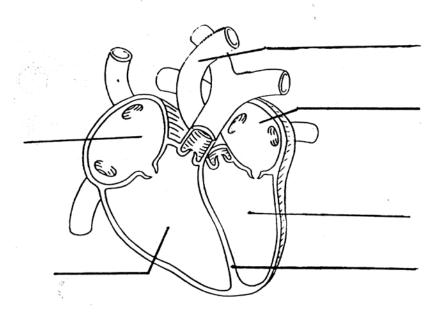
LESSON #3 Hand In

### 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.
- 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).
- 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?

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# 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:\_\_\_\_\_

