Name:			
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CARDIOVASCULAR HEALTH

LESSON #3 Hand In

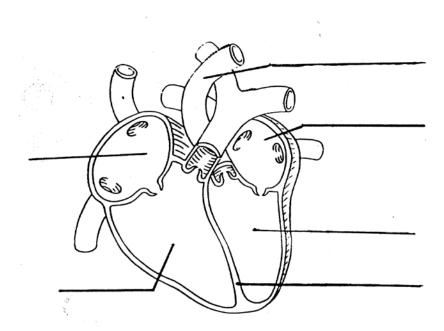
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THE CARDIOVASCULAR SYSTEM:

The	heart	lunas	and	hlood	vessels all	work	together	26.3	unit
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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 the	hen travels to the
	to pick up oxygen before it re	eturns 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:

What heart related illness is the leading cause of death in North Am	erica?
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6	Name 4 factors that contribute to cardiovascular disease:

•	Name + lactors that continuate to cardiovascular	uiscasc.

7.	List three strategies for preventing heart disea	ase?

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:_____

