

CARDIOVASCULAR HEALTH

LESSON #3 Hand In

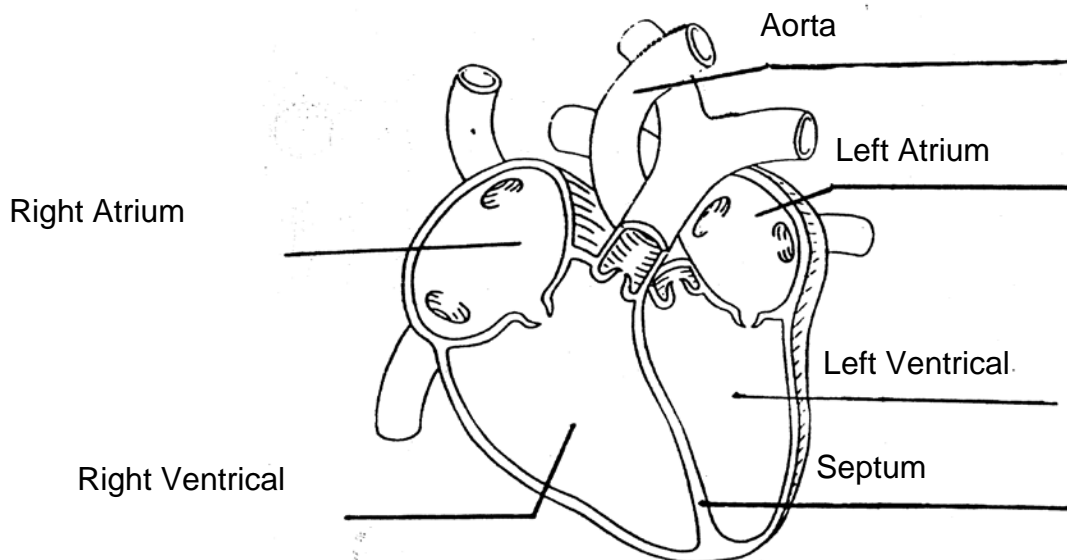
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THE CARDIOVASCULAR SYSTEM:

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 veins (bring de-oxygenated blood back to the heart) or arteries (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 Ventricular. 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? Under your rib cage and about the size of your fist

LABEL THE HEART:



Left Atrium: holds oxygenated blood from the lungs.

Left Ventricular: pumps oxygenated blood throughout the body.

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

Right Ventricular: 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:

High Blood Pressure

Smoking

Diabetes

Physical Inactivity

7. List three strategies for preventing heart disease?

Having a healthy diet

Excercise

Have stress control

CARDIOVASCULAR ENDURANCE:

1. How do you exercise the heart?

You excersize your heart by excersizing and raising your blood pressure so it pumps more blood through your body, making it work harder to pump.

2. Describe each of the following terms:

a. Resting Heart Rate: How much your heart beats when you are resting (Not excersizing)

b. Maximum Heart Rate: The highest your heart can pump before you pass out.

c. Target/Training Heart Rate: How fast you want your heart to pump to have a good workout

d. Recovery Heart Rate: How long it takes for your heart to go back to it's res:

