

LOOK AFTER YOUR
HEART AND IT
WILL LOOK
AFTER YOU!

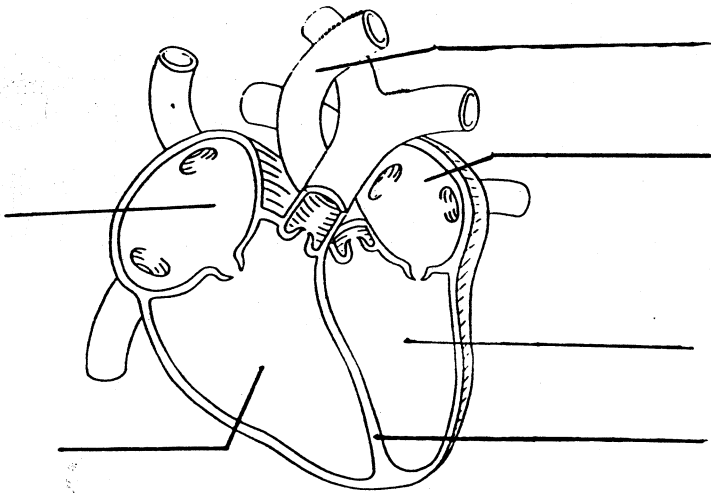
THE HEART AND CARDIOVASCULAR ENDURANCE



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

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- 1) _____ refers to the heart. _____ refers to the systems of blood vessels.
- 2) These vessels can be either _____ (bringing blood back to the heart) or _____ (taking blood from the heart to the needy muscles and organs) throughout the entire body.
- 3) Some blood vessels run through the _____ where gas exchanges take place. The blood being returned after the body has used it contains waste products such as _____ and releases it in the lungs, so we can dispose of it while we _____. When we inhale the blood picks up fresh _____ to carry off to the cells throughout the body.
- 4) Where is your heart and how big is it? _____
- 5) HEART DIAGRAM:
 - a) Fill in the blanks (using the terms provided)
 - b) Use arrows to indicate the blood flow (→ =blood from veins and
~~~~~ =blood to arteries)



|                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <p>LEFT ATRIUM-holds oxygenated blood from the lungs</p> <p>LEFT VENTRICLE-pumps oxygenated blood throughout the body</p> <p>RIGHT ATRIUM-holds deoxygenated blood that has returned from the body</p> <p>RIGHT VENTRICLE-pumps deoxygenated blood to the lungs</p> <p>AORTA-the largest artery in the body transports oxygenated blood from the heart to the body</p> <p>SEPTUM-the thick wall that divides the heart into two separate sides</p> |
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6) On the average the circulation cycle is repeated between 60-70 times per minute (pulse). List at least 5 factors that affect the heart rate.

\_\_\_\_\_

7) How do you exercise the heart? \_\_\_\_\_

\_\_\_\_\_

8) Describe each term below:

a) Resting Heart Rate: \_\_\_\_\_

b) Maximum Heart Rate: (220-age) \_\_\_\_\_

c) Target(Training) Heart Rate: (70% of max.) \_\_\_\_\_

d) Recovery Heart Rate: \_\_\_\_\_



9) "F.I.T.T. Formula" is used as a guide to improving one's cardiovascular fitness. Fill in the blanks below:

F. = Frequency (how often?) \_\_\_\_\_

I. = Intensity (how often?) \_\_\_\_\_

T. = Time (how long?) \_\_\_\_\_

T. = Type (what type of exercises?) \_\_\_\_\_

10) Changes occur when the fitness level of your heart improves! Using either the word "increases" or "decreases" fill in the blanks.

a) the amount of blood pumped per beat \_\_\_\_\_

b) the number of beats/minute of your resting heart rate \_\_\_\_\_

c) the time or rate of your recovery heart rate \_\_\_\_\_

d) the size of your artery network \_\_\_\_\_

e) the quality of the gas exchange in the lungs \_\_\_\_\_

f) the percentage of the oxygen concentration in the blood \_\_\_\_\_

g) the heart rate required to maintain a given level of activity \_\_\_\_\_

## REVIEW - THE COMPONENTS OF PHYSICAL FITNESS

### THE HEALTH-RELATED COMPONENTS:

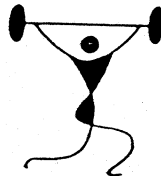
CARDIOVASCULAR  
ENDURANCE



FLEXIBILITY



STRENGTH



BODY COMPOSITION



MUSCULAR  
ENDURANCE



### THE SKILL-RELATED COMPONENTS:

COORDINATION



REACTION TIME



BALANCE



POWER



AGILITY



SPEED

