

CRE : Chapter 3

Inside the Cardiovascular System

The Cardiovascular System

- ***Function:***

- To provide every cell with a continuous supply of nutrients and oxygen and to remove carbon dioxide and other waste materials from the body.

- _____ (myocardium)

- Left and right atrium and ventricles

- Systole and diastole

- _____

- Arteries and capillaries

- Veins → superior and inferior vena cava

CRE Benefits

- _____ – chronic conditions related to lack of physical activity &/or poor conditioning.

Benefits

- Preventing CV disease; CH disease

- Reduces Chronic Disease chances

- Reduces Cholesterol

- Reduces Weight

Other Benefits

Physical

- Increase VO₂ Max

- Blood carries O₂ better

- Cardiac Output

- Stroke Volume

- Capillary function increases

- Quicker recovery time

Assessing Your

Cardiorespiratory Fitness

TARGET HEART RATE

Formula for Calculation

THR Range

- This is the range of heart rate that should be attained & maintained when performing an Aerobic workout.
- Anything below that range, little or no benefit.
- Anything above that range, will turn into anaerobic workout.

Terms/Definition

- _____ = resting heart rate. Pulse (heart rate) taken at rest for one minute.
- _____ = Maximum Heart Rate estimate. (220 – age)
- _____ = Target Heart Rate @ 60%, minimum for aerobic benefit.
(minimum)
- _____ = Target Heart Rate @ 80%, maximum for aerobic benefit.
(maximum)

RHR (Step 1)

- Take a manual pulse for one minute.
- This is your heart rate at rest.
- Early in the morning, just after wake up.

MHR (Step 2)

- $220 - \text{age} = \text{MHR}$

THR @ 60% (Step 3)

- $[(\text{MHR} - \text{RHR}) \times .60] + \text{RHR}$

= THR @ 60%

THR @ 80% (Step 4)

- $[(\text{MHR} - \text{RHR}) \times .80] + \text{RHR}$

= THR @ 80%

THR Range (Step 5)

- THR @ 60% THR @ 80%
- _____ _____

