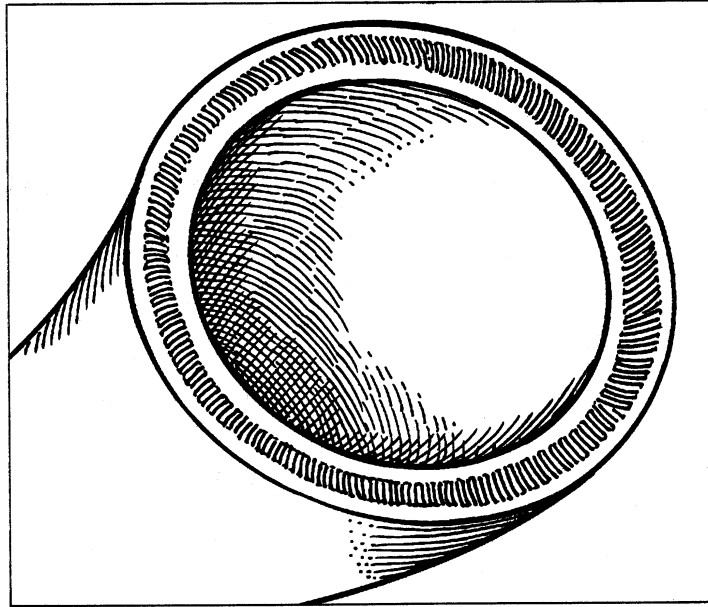


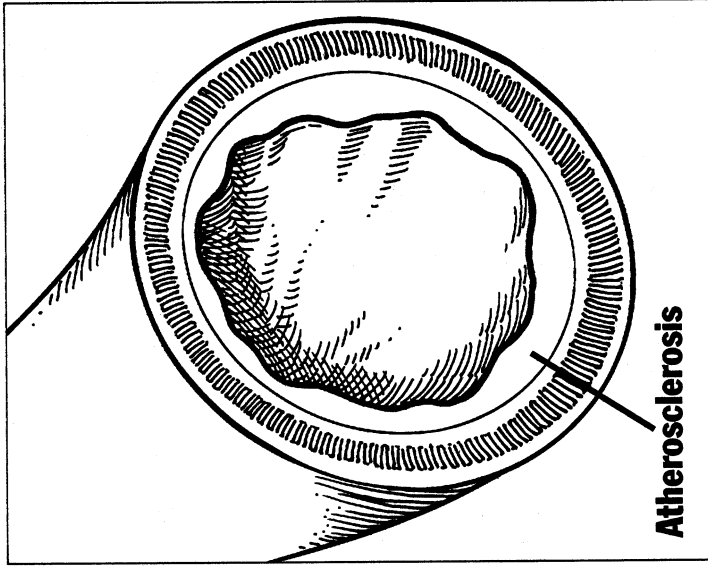
CROSS SECTIONS OF NORMAL CORONARY ARTERY AND BLOCKED CORONARY ARTERY

Overhead
Transparency
Master

3-A



Clear coronary artery

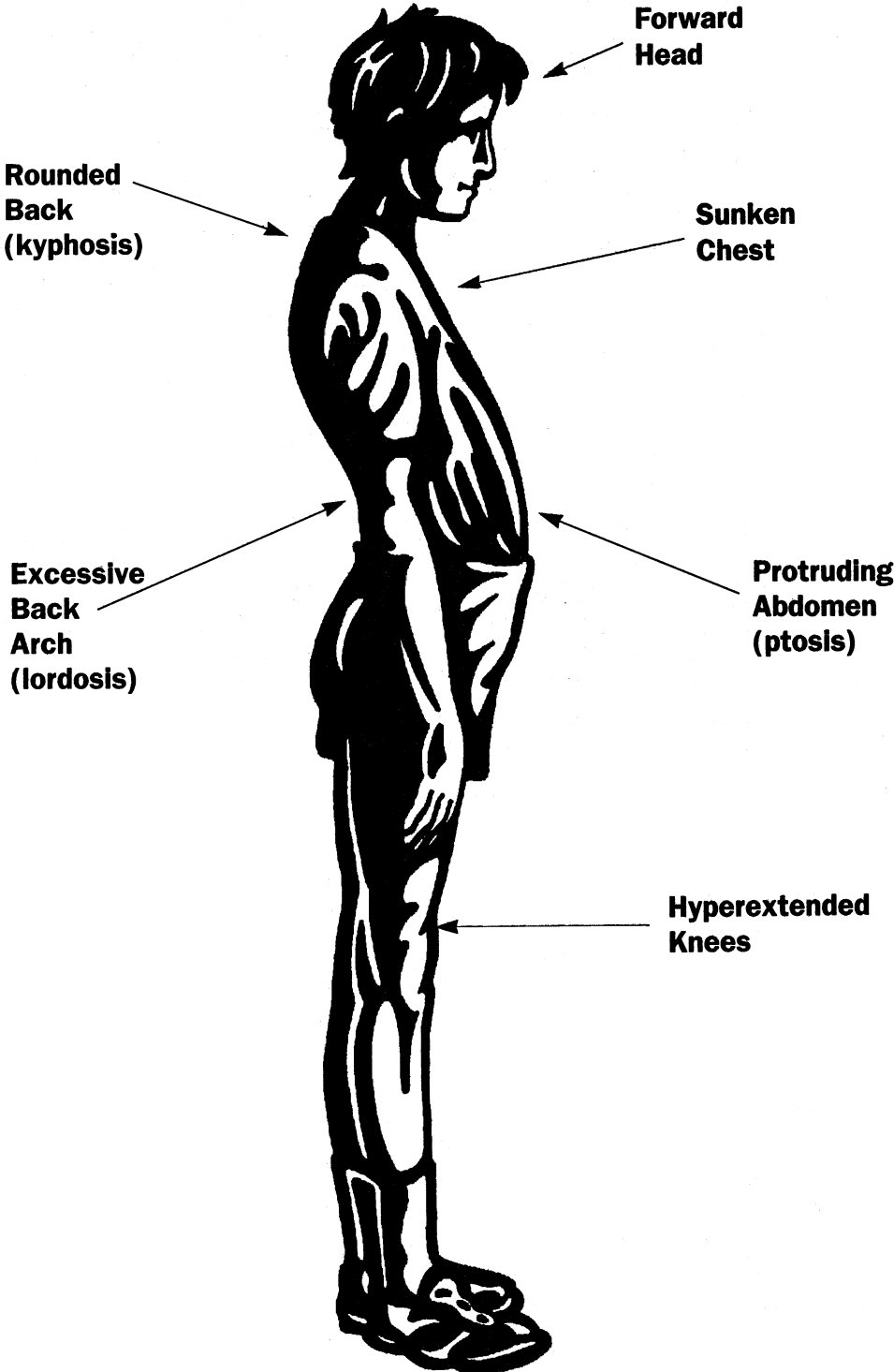


Blocked coronary artery

COMMON POSTURE PROBLEMS

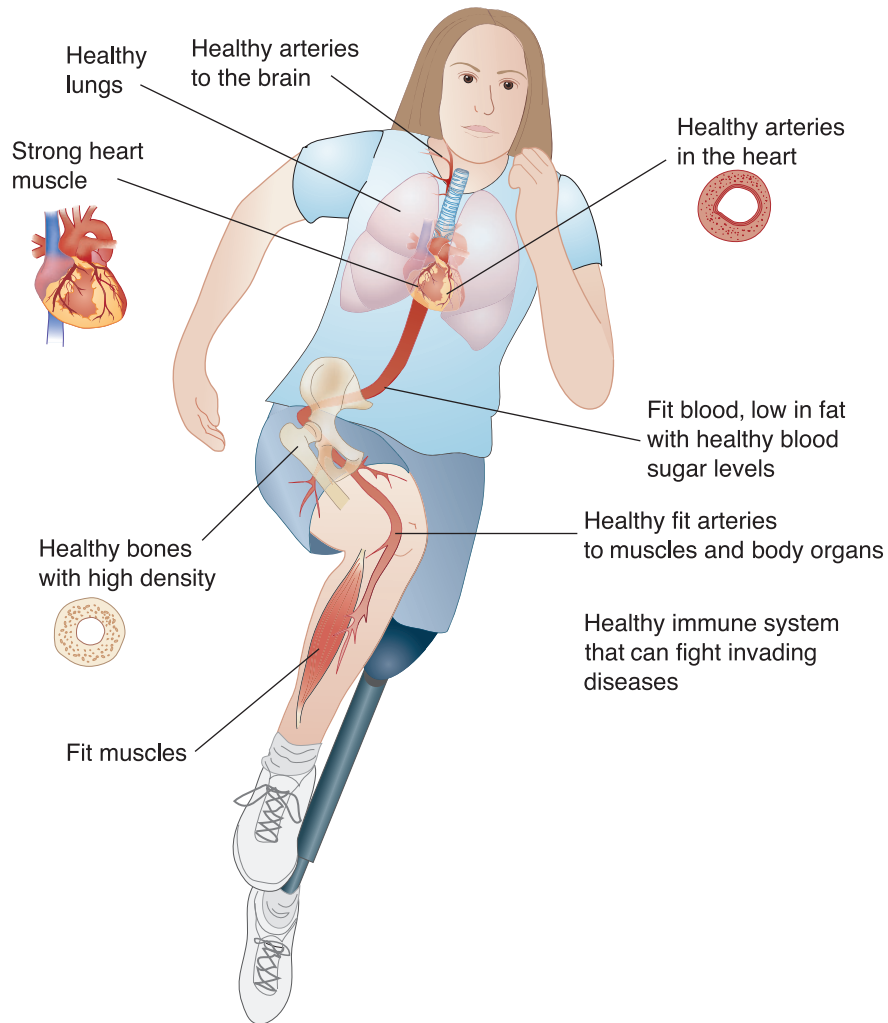
Overhead
Transparency
Master

3-B



From *Fitness for Life: Teacher Resources and Materials, Fifth Edition* by Karen McConnell, Charles B. Corbin, and Darren Dale, 2005. Champaign, IL: Human Kinetics.

REDUCING RISKS THROUGH PHYSICAL ACTIVITY



SAFE LIFTING TECHNIQUE

Stay upright and avoid bending

Avoid twisting



Use large muscles

Keep your hips low

Divide the load

Application**3****CARDIOVASCULAR FITNESS**

Read the paragraphs below describing Joe and his lifestyle. Then on the lines provided, list the controllable and noncontrollable risk factors that increase Joe's chances of developing heart disease.

Joe is a 45-year-old office worker who finds his job boring. To ease his boredom, Joe smokes cigarettes and eats candy throughout the day.

Joe usually goes out to lunch with friends, often to fast-food restaurants, where he typically eats hamburgers, french fries, and milk shakes.

Joe's height is 5'9", and recently his weight has risen from 195 to 220 pounds. Many of Joe's friends are aware that both his father and his grandfather suffered from heart disease. Consequently, they expressed to Joe their concerns about his weight. As a result, Joe has decided not to eat dinner on a daily basis.

Joe's after-work activities include watching TV, bowling once a week, and occasionally taking a slow stroll around the block with his dog, Ralph.

Controllable risk factors	Noncontrollable risk factors
_____	_____
_____	_____
_____	_____
_____	_____

Read the following descriptions of health problems. On the line before each description, write whether the problem is hyperkinetic or hypokinetic.

- _____ 1. Sarah is afraid to miss a day of regular exercise because she fears that she will not be fit if she does.
- _____ 2. My grandmother broke her wrist last winter. It will not heal because her bones are brittle and porous.
- _____ 3. Ron is a marathon runner. When he is in training for a race, he often gets shinsplints.
- _____ 4. Matthew spends most of the time he isn't in school watching TV. Most of his meals are junk food. Matthew is 5'7" tall and weighs 250 pounds.
- _____ 5. Rico goes to sleep very late at night. He sleeps an hour or two and wakes up again. Lack of sleep is making him tired and cross.



3

Reinforcement

PHYSICAL ACTIVITY CROSSWORD PUZZLE

Use these clues to complete the crossword puzzle below.

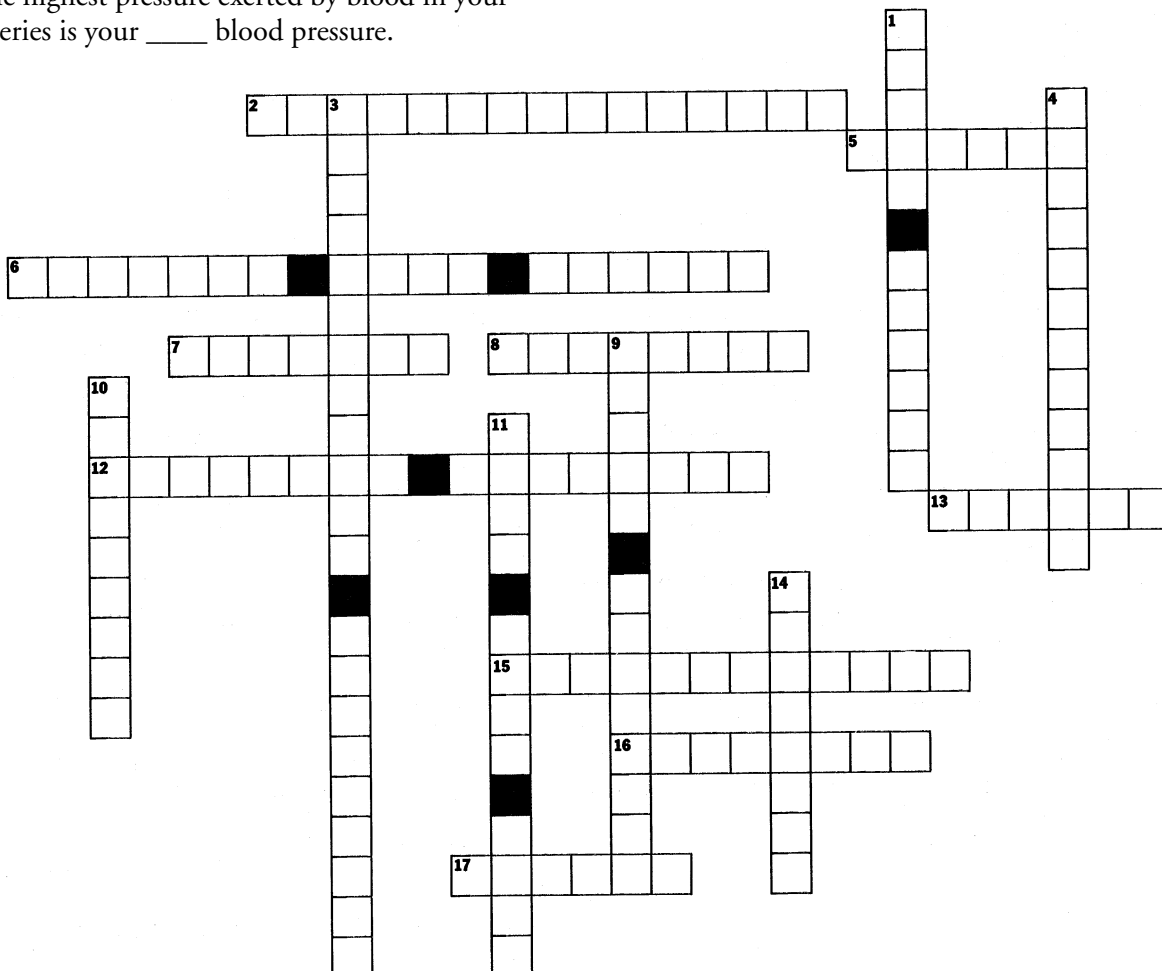
Across

2. A buildup of substances on the inner walls of arteries is known as ____.
5. An ____ carries blood away from the heart to other parts of the body.
6. Being inactive is a ____ ____ ____ for cardiovascular diseases.
7. ____ is a condition in which a person has excessive body fat.
8. People who have ____ cannot regulate the sugar level in their blood properly.
12. People who continue exercising even when they are injured or ill may have an ____ ____.
13. A ____ can affect a person's ability to think, move, and speak.
15. A condition in which bones become porous and lose their strength is ____.
16. The highest pressure exerted by blood in your arteries is your ____ blood pressure.

17. ____ is a disease characterized by uncontrolled growth of abnormal cells.

Down

1. If the blood supply to the heart is severely reduced or cut off a ____ ____ occurs.
3. A health problem caused by doing too much physical activity is a ____ ____.
4. Another name for high blood pressure is ____.
9. ____ ____ is the force exerted by blood against a blood vessel wall.
10. The lowest pressure exerted by blood in your arteries is your ____ blood pressure.
11. You develop your ____ ____ ____, or greatest bone mass, when you are young.
14. People suffering from a condition called ____ have too much arch in the lower back.





3

Chapter Test

BENEFITS OF PHYSICAL ACTIVITY

Choose the letter of the *best* answer for questions 1-14.

Use what you learned throughout the chapter to answer the final question.

1. Since 1926, the leading cause of death in this country has been
 - a. cancer.
 - b. cardiovascular disease.
 - c. diabetes.
 - d. lower back problems.
2. If you begin an exercise program early in life and maintain it, you will
 - a. never have medical problems.
 - b. never get infections.
 - c. be able to exercise when ill.
 - d. reduce your risk of health problems.
3. Hypertension is a primary risk factor in heart attack, kidney damage, and
 - a. influenza.
 - b. colon cancer.
 - c. arthritis.
 - d. stroke.
4. To help avoid back pain, it is important to have
 - a. short back muscles.
 - b. strong abdominal muscles.
 - c. short hamstring muscles.
 - d. strong hip flexor muscles.
5. Too much physical exercise is the cause of
 - a. a hyperkinetic condition.
 - b. a hypokinetic condition.
 - c. anorexia nervosa.
 - d. infections.
6. Running 5 miles despite having painful shinsplints is an example of
 - a. atherosclerosis.
 - b. activity neurosis.
 - c. osteoporosis.
 - d. hypertension.
7. Which is a hypokinetic condition?
 - a. Type I diabetes
 - b. activity neurosis
 - c. atherosclerosis
 - d. overuse injuries
8. A condition in which bones become porous and start to lose their strength is
 - a. body mechanics.
 - b. obesity.
 - c. atherosclerosis.
 - d. osteoporosis.
9. The uncontrollable growth of abnormal body cells is
 - a. cancer.
 - b. peak bone mass.
 - c. Type I diabetes.
 - d. Type II diabetes.
10. A build-up of substances on the inner walls of arteries is
 - a. lordosis.
 - b. atherosclerosis.
 - c. cardiovascular resuscitation.
 - d. blood clotting.
11. Diastolic blood pressure is
 - a. the lowest pressure blood exerts in arteries.
 - b. the highest pressure blood exerts in arteries.
 - c. blood pressure that is chronically low.
 - d. blood pressure that is chronically high.
12. A stroke causes damage to the
 - a. heart.
 - b. brain.
 - c. heart and brain.
 - d. kidneys.
13. Lordosis is also called
 - a. swayback.
 - b. eating disorder.
 - c. lower-back pain.
 - d. coronary artery disease.
14. Which of the following is most likely to result in back injury?
 - a. Avoid twisting while lifting.
 - b. Avoid a bent position while sitting.
 - c. When lifting, keep hips high.
 - d. Pull or push rather than lift a load.
15. Give four examples of how physical activity contributes to wellness.
