

These are most key vocabulary words that you will need to know to succeed in lesson. Watch out for when these words occur as you do your reading, and record their definitions in your course journal.

- **Chronotropic incompetence** - A condition in which the heart rate increases slowly during exercise and never reaches maximum.
- **Myocardial infarction** - Heart attack; damage or death of an area of the heart muscle as a result of an obstructed artery to that area.
- **Arrhythmias** - Irregular heart rhythms.
- **Stress** - The mental, emotional, and physiological response of the body to any situation that is new, threatening, frightening, or exciting.
- **Stressor** - Stress-causing event.
- **Fight or flight** - Physiological response of the body to stress that prepares the individual to take action by stimulating the vital defense systems.
- **Cardiovascular diseases** - The array of conditions that affect the heart and blood vessels.
- **Coronary heart disease (CHD)** - Condition in which the arteries that supply the heart muscle with oxygen and nutrients are narrowed by fatty deposits such as cholesterol and triglycerides.
- **Risk factors** - Lifestyle and genetic variables that may lead to disease.