

Vocabulary

Vocabulary

Study the vocabulary words and definitions below.

aerobic with oxygen

aerobic exercise activity that increases the heart rate, supplies oxygen to the muscles, and *can* be performed for a long period of time; also called *cardiovascular exercise*

anaerobic without oxygen

anaerobic exercise activities that can increase muscle size and endurance, but *cannot* be performed for a long period of time without resting

aorta the largest artery in the body, through which oxygen-rich blood from the heart flows towards the body's tissues

arteries blood vessels that carry blood *away from the heart* to the body's tissues

atrium one of the two upper chambers of the heart

blood pressure the measure of blood force being pushed against the walls of the arteries as blood is pumped by the heart

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- capillaries** the smallest blood vessels, located between the arteries and veins, that deliver oxygen and other nutrients to muscle, tissue, and organ cells
- carbon dioxide** the gas which is exhaled by the lungs during respiration as a waste product
- cardiac** refers to the heart
- cardiovascular** refers to the heart and its blood vessels; *cardio* means heart; *vascular* means vessels
- cardiovascular disease (CVD)** a condition that narrows the passageways in the coronary arteries, reducing blood flow to the heart muscle; also called *coronary artery disease (CAD)*
- cardiovascular fitness** the body's ability to deliver oxygen to working muscles; a health-related component of fitness
- carotid artery** a major artery on both sides of the neck; often used for measuring heart rate
- cholesterol** a fat-like substance found only in food from animal sources; some foods with high cholesterol include whole milk products, meat, animal fats, and egg yolks
- circulatory system** the heart, blood vessels, and the blood; also referred to as the *cardiovascular system*

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- cool-down** the tapering-off period after exercise that allows the body to gradually return to a resting state
- coronary arteries** the blood vessels that provide blood to the heart muscle
- heart attack** the damage or death of part of the heart muscle caused by a lack of blood; may result from coronary artery disease
- heart rate** the number of times a heart beats or pumps blood per minute; also referred to as *pulse rate*
- high blood pressure** an increase in blood pressure above its normal range; also called *hypertension*
- maximum heart rate** the highest number of times a person's heart can beat per minute; found by subtracting your age from 220
- pulse** the beat of the heart felt by the pressure of the blood on the artery walls
- radial artery** the artery on the inside of your wrist; can be used to measure your heart rate
- recovery heart rate** heart rate taken after exercise
- respiratory system** lungs and air passages that help supply oxygen to the body

Vocabulary

risk factor a habit or condition that may increase an individual's chance of developing an illness or disease

target heart rate zone (THRZ) the recommended intensity for aerobic conditioning; 60-90 percent of your maximum heart rate

training effect refers to positive physical fitness changes in the body as a result of exercise

valves flaps of tissue in the heart that open and close to control blood flow

veins blood vessels that carry blood *back to the heart*

ventricle one of the two lower chambers of the heart that pumps blood to the lungs or muscles

warm-up exercises that increase the body's temperature and prepare it for more vigorous exercise