

# Assessment

## How Training and Fitness Affect the Heart

Name \_\_\_\_\_

Date \_\_\_\_\_

1. The heart rate or pulse rate is \_\_\_\_\_  
\_\_\_\_\_
2. The resting pulse rate can be affected by \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
3. What is the “average” heart rate? \_\_\_\_\_
4. If the Maximum Pulse Rate can be found by the formula  $220 - \text{Age}$ , what would the maximum pulse rate be for a 18 year old? \_\_\_\_\_
5. The Stroke volume is \_\_\_\_\_  
\_\_\_\_\_
6. The Cardiac output is \_\_\_\_\_  
\_\_\_\_\_
7. What is a working pulse rate? \_\_\_\_\_  
\_\_\_\_\_

# Assessment

## How Training and Fitness Affect the Heart

Name \_\_\_\_\_ **KEY** \_\_\_\_\_

Date \_\_\_\_\_

1. The heart rate or pulse rate is the number of times the heart beats per minute  
\_\_\_\_\_
2. The resting pulse rate can be affected by Age, Gender,  
Size, Posture, Eating, Emotion, Smoking.
3. What is the “average” heart rate? 72
4. If the Maximum Pulse Rate can be found by the formula  $220 - \text{Age}$ , what would the maximum pulse rate be for a 18 year old? 202
5. The Stroke volume is the amount of blood pumped by the heart per beat  
\_\_\_\_\_
6. The Cardiac output is the amount of blood pumped by the heart in 1 minute  
\_\_\_\_\_
7. What is a working pulse rate? The working pulse rate is a measurement of pulse rate taken immediately after exercise  
\_\_\_\_\_