

Worksheet Physical Education Grade 10

1) What is a Pulse?

2) Identify two pulse point that we can use to take someone's pulse?

3) Your maximum heart rate is 205bpm subtracted by your age. Calculate your maximum heart rate. Please indicate your age.

4) What are the short term effects of exercise would you expect to experience with your heart rate?

5) What are the two reasons that this happens?

6) The long term effect of exercise on the heart is Hypertrophy. How does this affect your resting heart rate?

7) What is the definition of Stroke Volume?

8) What are the short term and long term effects of exercise on your Stroke Volume?

9) What is the cause of the Long term Effect?

10) What is the link between Cardiac Output, Stroke Volume and Heart Rate (i.e What is the equation)?

11) Write out using the figures show you would find the following persons' Cardiac Oupt

A) Paul went for a jog. His heart rate went up to 130bpm and his stroke volume to 110ml.

B) Sara was participating in swimming. Her heart rate went up to 150bpm and her stroke volume to 130ml.

N.B – Show Working.