

Willingdon Community School
NCFE Level 1/2 Technical Award in Health and
Fitness (603/2650/5)

Unit 01 Introduction to body systems and
principles of training in health and fitness -
Cardiovascular system

Learner information

The marks available for each question are shown
in brackets.

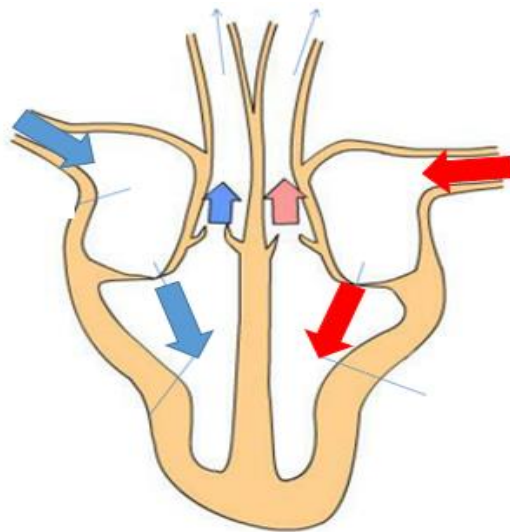
Maximum time allowed - 40 minutes

1 Identify 1 function for each of the following blood vessels. (3 marks)

Blood vessel	Function
Vein	
Artery	
Capillary	

2 On the diagram below, identify the: (5 marks)

Vena Cava, right atrium, right ventricle, pulmonary artery, aorta



3 Cardiac cycle.

Fill in the gaps below: (3 marks)

Deoxygenated blood - from the body → _____ → right atrium → _____ → pulmonary artery → _____ → pick up oxygen and nutrients to become oxygenated.

4 Cardiac cycle. (3 marks)

Fill in the gaps:

Oxygenated blood - from the lungs →

_____ → left ventricle →
_____ → to the body → drop off oxygen and
nutrients, pick up waste products and become deoxygenated.

5 Explain the term Vascular shunting. (2 marks)

6 Explain the term heart rate. (2 marks)

7 Explain how you would calculate your maximum heart rate. (1 mark)

8 Explain the term stroke volume. (1 mark)

9 Explain the term cardiac output. (1 mark)

10 Explain the relationship between stroke volume, heart rate and cardiac output. (3 marks)

11 Explain the term diastolic blood pressure. (2 marks)

12 Explain the term systolic blood pressure. (2 marks)

13 State 3 factors that can affect your blood pressure. (3 marks)

-
-
-

14 Explain how one of these factors affects you blood pressure (2 marks)

15 If an individual has a blood pressure reading of blood pressure is 90/60mmhg. Is this deemed as low, high or normal?

Answer: _____