

## Health

A state of complete \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ well-being, and not merely the absence of disease and infirmity.



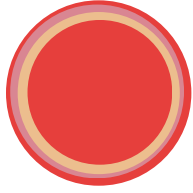
## Fitness

The ability to meet the demands of the \_\_\_\_\_.

$$\text{MAX HR} = \text{_____} - \text{Age}$$

\_\_\_\_\_ **Volume** - The volume of blood pumped out by the heart ventricles in each contraction

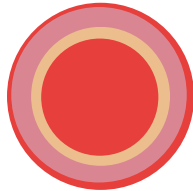
\_\_\_\_\_ **Output** - The volume of blood pumped out by the heart ventricles per minute  
 $= \text{HR} \times \text{SV}$



\_\_\_\_\_ artery

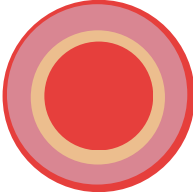
Increases in exercise

**Venous Return** - The flow of blood back to the heart, via the veins and specifically the vena cava



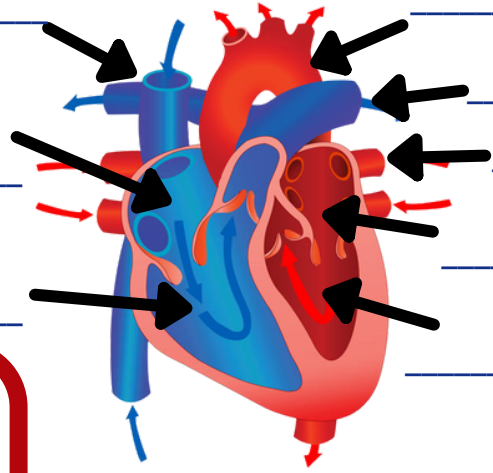
Normal artery

## Applied Anatomy and Physiology - CV System



\_\_\_\_\_ artery

\_\_\_\_\_ 's Law - Stroke volume increases in response to an increase in \_\_\_\_\_.



## Cardiac Conduction System

Sinoatrial Node (SAN)



\_\_\_\_\_ Contraction



Atrioventricular Node (AVN)



Bundle of His

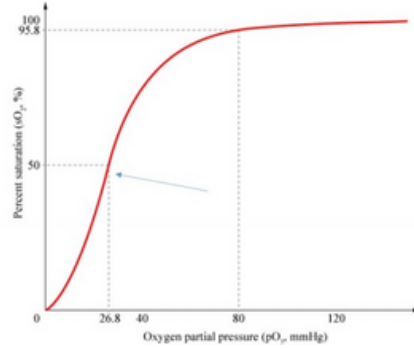


\_\_\_\_\_ Fibres



Ventricular Contraction

## Oxyhaemoglobin Dissociation Curve



**A-VO<sub>2</sub> Diff** - The \_\_\_\_\_ in the volume of oxygen between the arteries and veins.