GCSE PE PLCs 1.2.2 A healthy active lifestyle and your cardio vascular system End of Unit Exam

1 (g) If an individual had high levels of low density lipoprotein (LDL 'bad' cholesterol),which of the following should he/she avoid in order to improve his/her health? (1)
A Foods high in unsaturated fats (e.g. sunflower oil, nuts)
B Foods high in soluble fibre
C Foods high in saturated fat (e.g. butter, crisps)
D Moderate exercise

2 (g) Which one of the following statements correctly defines the term cardiac output? (1)
A Heart rate ÷ stroke volume = cardiac output
B Cardiac output = heart rate – stroke volume
C Cardiac output = heart rate x stroke volume
D Stroke volume x vital capacity = cardiac output

3 (a) Diet and rest are two important factors to consider when planning for a healthy, active lifestyle. How may diet and rest influence personal health?

(i) Diet (1)

(ii) Rest (1)

(b) Why do you need to consider what you eat if you exercise regularly? (1)

4 Rob and Imran regularly participate in physical activity.
(a) Rob takes part in cross-country runs on a regular basis. State a possible physical benefit of taking part in cross country. (1)

6 Diet and rest need to be considered when planning a healthy, active lifestyle.
Describe the impact of diet and rest on the cardiovascular system.
(i) Impact of diet on the cardiovascular system. (3)
(ii) Impact of rest on the cardiovascular system. **(2)**

7 The following statements are effects of participation in exercise and physical activity on the cardiovascular system. State whether the effect is immediate or long term. **(3)**

	Immediate or long term effect?
Increased heart rate	....
Increased cardiac output	....
Increased maximum cardiac output	....

8. Describe the impact of alcohol and smoking cigarettes on the cardiovascular system (4)

9* A healthy, active lifestyle will have an impact on the body systems. Describe some of the effects of participation on the body's cardiovascular system. In your answer you may consider:
• the immediate and short-term effects of participation on each system
• the effects of regular participation and long-term effects on each system. (6)

10.

The equation in the box below is incomplete.

Complete the equation that is used to calculate the amount of blood ejected from the heart per minute.

(1)

.... **= Heart Rate ×** ....

11.

Blood pressure can be used to help monitor the health of an individual.

(i) A normal blood pressure reading would be 120/80. The 120 represents systolic blood pressure. Name the other blood pressure   represented in this reading.

(1)

 (ii) Explain the immediate effect of exercise on blood pressure.

(2)

Total marks; 27 marks