Objectives: Name: Hour:

A. Illustrate how plaque progressively develops in the walls of the arteries.
B. Explain two reasons plaque forms in the arteries from lifestyle choices.
C. Explain the difference between HDL and LDL cholesterol.
D. Explain the difference between a thrombus and an embolus.

1 Heart Rate

a. Please take your heart rate. 15 sec. x 4= _____
b. Jog in place for **30** seconds then take heart rate again. 15 sec. x4= _____
c. Explain why your heart rate is higher.

_____

_____

2 Explain two similarities between an auto engine and the human heart. Include the words: circulates, ignites, and pumps.

Engine	Heart
a _____	a _____
b _____	b _____

3 Illustrate how plaque slowly develops in the arteries.

(Artery wall progressively getting clogged with plaque.)

4 Explain two reasons why plaque forms in the arteries from lifestyle choices.

a _____
b _____

5 Explain the difference between HDL and LDL cholesterol.

HDL: _____
LDL: _____

6 Explain the difference between a thrombus blood clot and an embolus blood clot.

thrombus= _____

embolus= _____

7 List three risk factors a person can NOT control for Cardiovascular disease.

a _____

b _____

c _____

8 List three risk factors a person CAN control for Cardiovascular disease.

a _____

b _____

c _____

9 Robert is concerned about his Dad. His Dad does not exercise and his diet consists mostly of high fat and sugar and once in a while he will have some fruit.
His Dad also has a lot of extra weight and it is difficult for him to do a lot of movement without him having trouble breathing.
*What should Robert do to help reduce his Dad's risk for heart disease. (heart attack, stroke, etc.)

_____

10 Summarize how a person's lifestyle affects his or her chances of developing atherosclerosis.

_____

_____