

TRINITY ACADEMY
The Emmanuel Schools Foundation

G.C.S.E

PHYSICAL EDUCATION

HOMEWORK

TOPIC: 1.2.2

A HEALTHY, ACTIVE LIFESTYLE AND YOUR CARDIOVASCULAR SYSTEM

MARK	%	GRADE	IL
/ 29			
COMMENTS:			

A*	A	B	C	D	E	F	G	U
90%	80%	70%	60%	50%	40%	30%	20%	10%

NAME: _____

GCSE PE TEACHER: _____

(h) Which of the following is the correct definition of cardiac output?

- ☐ A The number of times the heart beats per minute.
- ☐ B The amount of blood pumped around the body during exercise.
- ☐ C The amount of blood pumped out of the heart per minute.
- ☐ D The amount of blood pumped out of the heart per beat.

(1)

(g) Which of the following is the correct statement about semi-lunar valves?

- ☐ A they allow blood to flow into the heart
- ☐ B they allow blood to flow out of the heart
- ☐ C they allow blood to flow into the right atrium
- ☐ D they allow blood to flow into the right ventricle.

(1)

(g) Which of the following is an accurate statement?

- ☐ A Oxygenated blood always travels away from the heart
- ☐ B Veins only carry deoxygenated blood
- ☐ C Capillaries are the smallest of the blood vessels
- ☐ D Arteries contain valves

(1)

-
10. (a) (i) Blood is circulated around the body. Name the type of blood vessel that returns blood to the heart.

.....
(1)

- (ii) This type of blood vessel contains valves. What is the function of these valves?

.....
.....
(1)

- (b) Blood is made up of different components. Complete the table below by identifying the:

- (i) components;
(ii) function of each component;
(iii) importance to the sports performer.

(i) Component of blood	(ii) Function of each component	(iii) Importance to sports performer
		Oxygen delivery for activity
White blood cells		
		Stops blood loss so the performer can continue to play

(6)

(Total 8 marks)

17. To be a successful squash player the performer needs an efficient circulatory and respiratory system.

- (a) (i) Figure 7 is a diagram of the heart. Give the anatomical names of the parts labelled A, B, C and D.

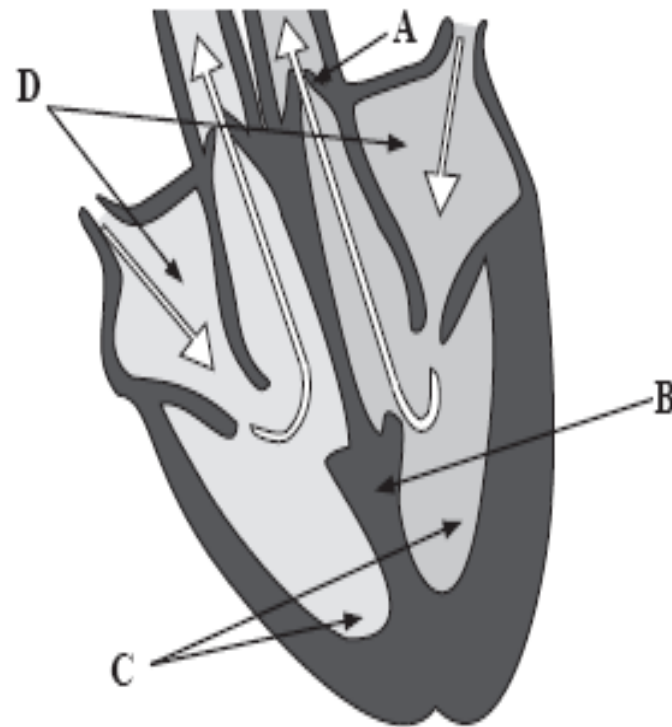


Figure 7

A

B

C

D

(4)

10. Circle the components, from the box below, that make up the cardiovascular system.

skeletal muscles	brain	heart
lungs	blood	oxygen
alveoli	blood vessels	voluntary muscles
	involuntary muscles	

(Total 3 marks)

11. (a) Complete the following statements about blood.

(i) Red blood cells carry to the working muscles. (1)

(ii) Carbon dioxide levels in the pulmonary artery are than the levels of carbon dioxide in the pulmonary vein. (1)

(b) Explain the role of platelets and how they could help a sports performer in a contact sport such as rugby.

.....
.....
.....
..... (2)

(Total 4 marks)

10. (a) Name the term being described in each of the following statements.

(i) The number of times the heart beats each minute.

.....
(1)

(iii) The volume of blood pumped out of the heart by each ventricle during one contraction.

.....
(1)

(b) Which two of the terms used in your answer to (a) combine to give cardiac output?

.....
(1)

16. Jade and Hope were planning their Personal Exercise Programmes and considering their different training requirements.

(a) Jade runs long distances.

(i) What is the role of the cardiovascular system?

.....
.....
(1)




(ii) How does it aid performance in distance events?

.....
.....
(2)

(iii) Hope is a sprinter. How is the cardiovascular system important to Hope in relation to her event?

.....
.....
(1)

Student → Teacher Feedback:

CIRCLE A FACE	WHY?
	I am confident with these parts of the topic.....
	I am unsure about these elements of the topic.....
	I am struggling with the following parts of this topic.....