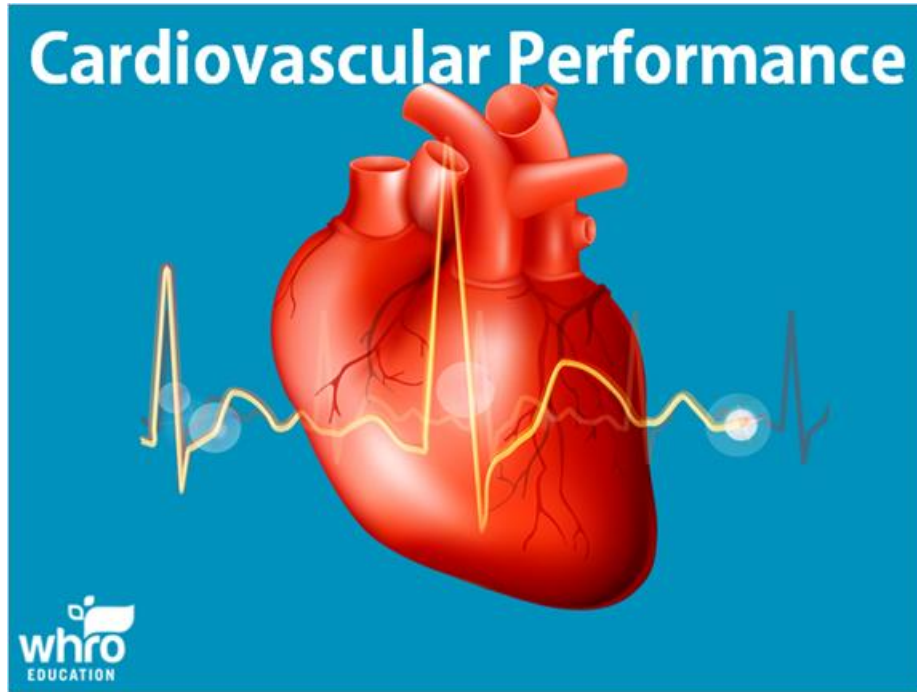


**Module 2: Physical Training Fitness Principles**  
**Topic 2 Content: Cardiovascular Performance Notes**

**Introduction**



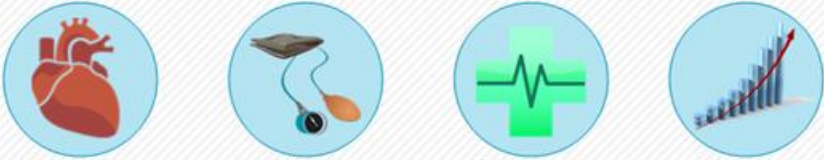
Cardiovascular Performance

## Module 2: Physical Training Fitness Principles

### Topic 2 Content: Cardiovascular Performance Notes


#### Instructions

### Cardiovascular Performance



Resting Heart Rate      Blood Pressure      Cardiovascular Health      Medical Statistics

Drag and drop the different images into the blank space provided to learn about your resting heart rate, blood pressure, cardiovascular health, and medical statistics on heart disease.

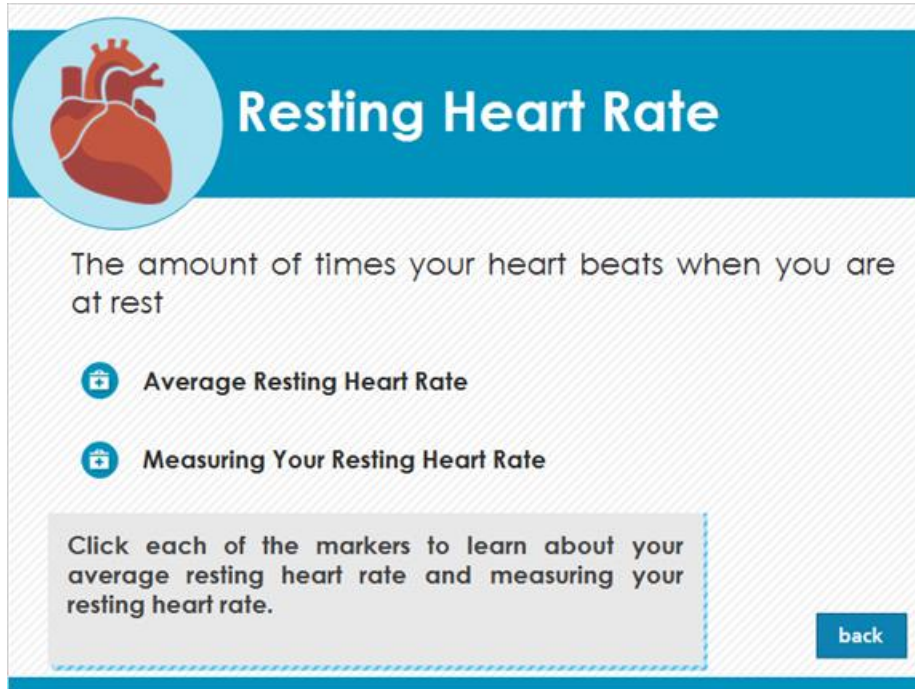


Drag and drop the different images into the blank space provided to learn about your resting heart rate, blood pressure, cardiovascular health, and medical statistics on heart disease.

## Module 2: Physical Training Fitness Principles

### Topic 2 Content: Cardiovascular Performance Notes



#### Resting Heart Rate



The infographic features a blue header with a heart icon and the title "Resting Heart Rate". Below the header, the text defines resting heart rate as the number of heartbeats per minute at rest. Two interactive markers are listed: "Average Resting Heart Rate" and "Measuring Your Resting Heart Rate". A grey callout box with a dashed border contains the instruction: "Click each of the markers to learn about your average resting heart rate and measuring your resting heart rate." A blue "back" button is located in the bottom right corner.

**Resting Heart Rate**

The amount of times your heart beats when you are at rest

-  Average Resting Heart Rate
-  Measuring Your Resting Heart Rate

Click each of the markers to learn about your average resting heart rate and measuring your resting heart rate.

[back](#)

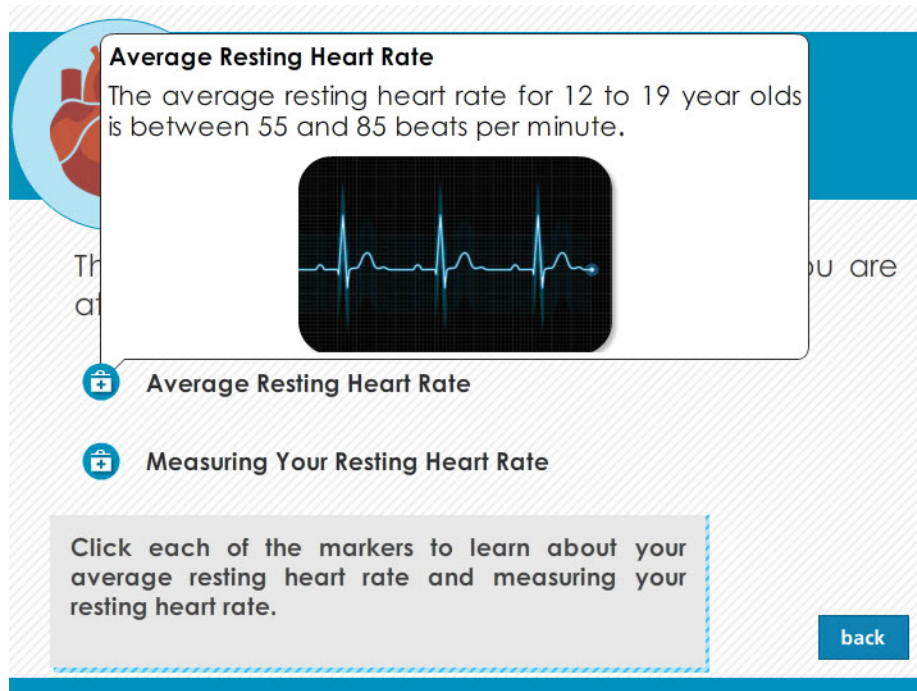
One way to evaluate your cardiovascular health is to measure your resting heart rate. Your resting heart rate is the amount of times your heart beats when you are at rest. The lower your resting heart rate is, the more blood your heart can pump from a single contraction.

Click each of the markers to learn about your average resting heart rate and measuring your resting heart rate.


## Module 2: Physical Training Fitness Principles

### Topic 2 Content: Cardiovascular Performance Notes

#### Average Resting Heart Rate



**Average Resting Heart Rate**  
The average resting heart rate for 12 to 19 year olds is between 55 and 85 beats per minute.



[Average Resting Heart Rate](#)

[Measuring Your Resting Heart Rate](#)

Click each of the markers to learn about your average resting heart rate and measuring your resting heart rate.

[back](#)

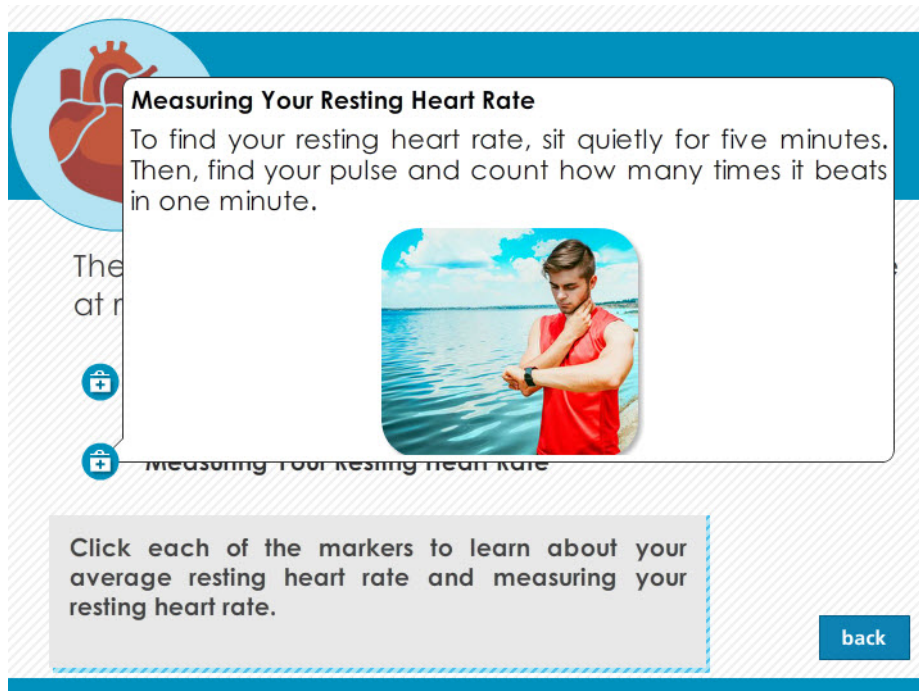
The infographic features a central white box with a blue border containing text and an ECG image. To the left is a partial illustration of a heart. Below the main text are two interactive links, each with a blue padlock icon. At the bottom right is a blue 'back' button. A grey callout box at the bottom left provides instructions for the interactive elements.

The average resting heart rate for 12 to 19 years of old is between 55 and 85 beats per minute (BPM).

## Module 2: Physical Training Fitness Principles

### Topic 2 Content: Cardiovascular Performance Notes

#### Measuring Your Resting Heart Rate



**Measuring Your Resting Heart Rate**

To find your resting heart rate, sit quietly for five minutes. Then, find your pulse and count how many times it beats in one minute.

The  
at r

Click each of the markers to learn about your average resting heart rate and measuring your resting heart rate.

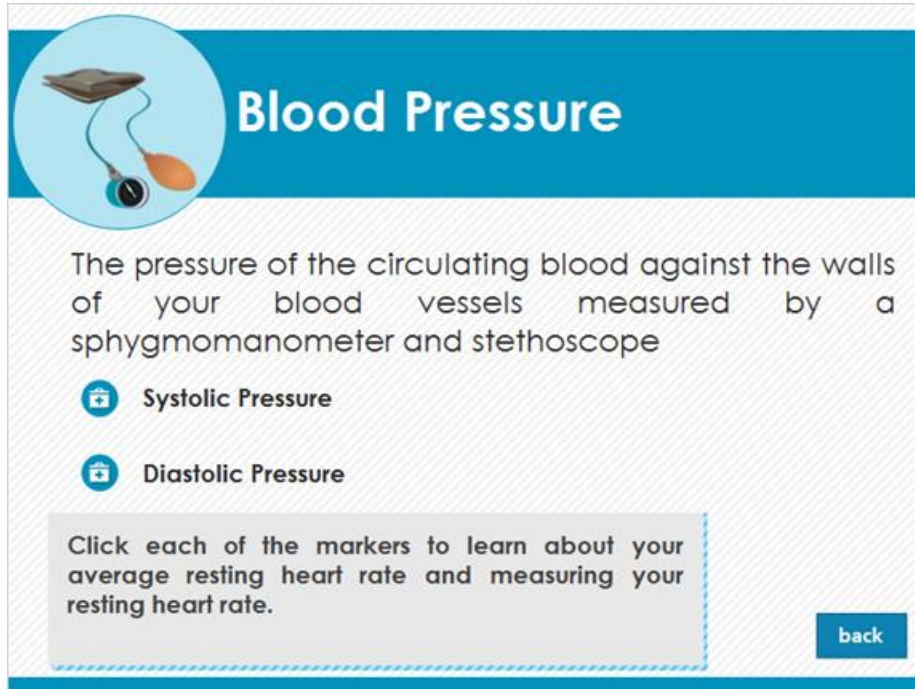
back

To find your resting heart rate, sit quietly for five minutes. Then, find you pulse and count how many times it beats in one minute.

## Module 2: Physical Training Fitness Principles



### Topic 2 Content: Cardiovascular Performance Notes

#### Blood Pressure

An infographic titled "Blood Pressure" with a blue header. On the left, a circular icon shows a sphygmomanometer cuff and a stethoscope. The main text defines blood pressure as the pressure of circulating blood against vessel walls, measured by a sphygmomanometer and stethoscope. Below this are two interactive markers: "Systolic Pressure" and "Diastolic Pressure", each with a camera icon. A grey box at the bottom contains instructions to click the markers to learn about heart rate, and a "back" button is in the bottom right corner.

**Blood Pressure**

The pressure of the circulating blood against the walls of your blood vessels measured by a sphygmomanometer and stethoscope

-  **Systolic Pressure**
-  **Diastolic Pressure**

Click each of the markers to learn about your average resting heart rate and measuring your resting heart rate.

[back](#)

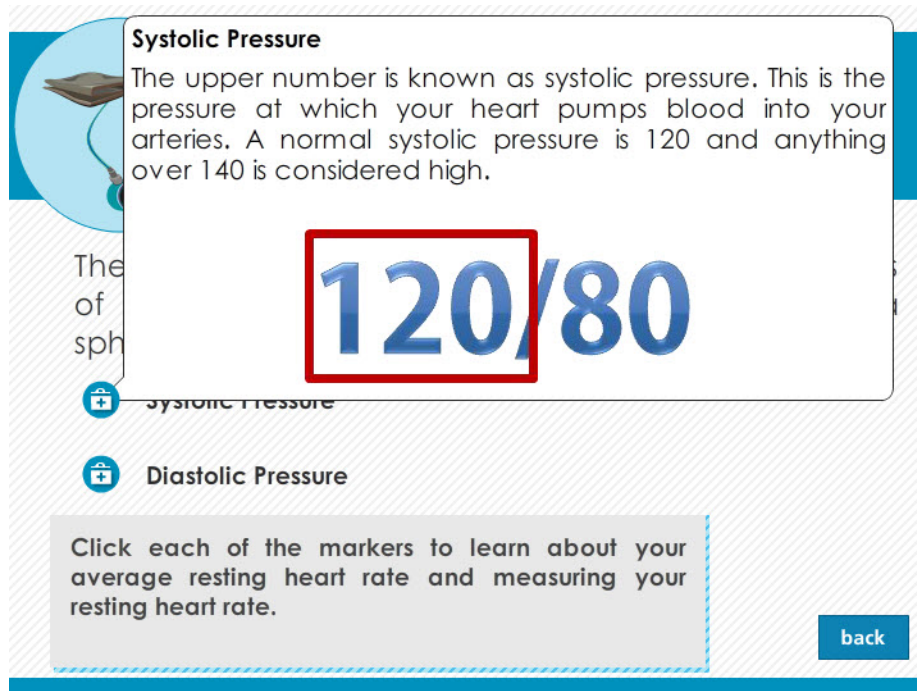
You can measure your cardiovascular system by taking your blood pressure. Blood pressure is the pressure of the circulating blood against the walls of your blood vessels. An instrument called a sphygmomanometer is used along with a stethoscope to measure blood pressure.

Click each of the markers to learn more about your blood pressure numbers.

## Module 2: Physical Training Fitness Principles

### Topic 2 Content: Cardiovascular Performance Notes

#### Systolic Pressure



**Systolic Pressure**

The upper number is known as systolic pressure. This is the pressure at which your heart pumps blood into your arteries. A normal systolic pressure is 120 and anything over 140 is considered high.

**120/80**

**Systolic Pressure**

**Diastolic Pressure**

Click each of the markers to learn about your average resting heart rate and measuring your resting heart rate.

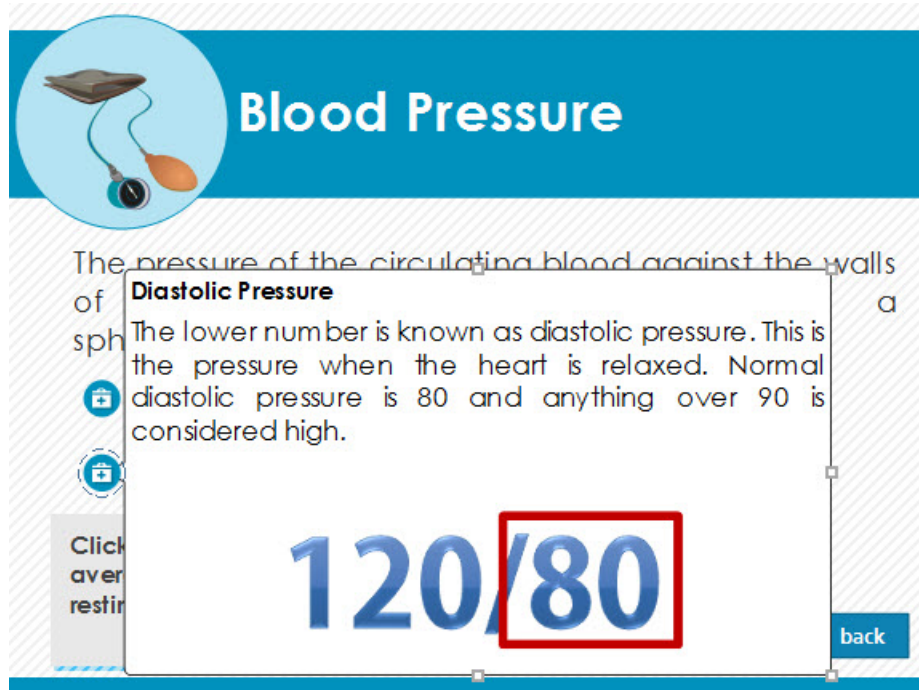
back

The upper number is known as systolic pressure. This is the pressure at which your heart pumps blood into your arteries. A normal systolic pressure is 120 and anything over 140 is considered high.

## Module 2: Physical Training Fitness Principles

### Topic 2 Content: Cardiovascular Performance Notes

#### Diastolic Pressure



**Blood Pressure**

The pressure of the circulating blood against the walls of the arteries is known as blood pressure. The lower number is known as diastolic pressure. This is the pressure when the heart is relaxed. Normal diastolic pressure is 80 and anything over 90 is considered high.

**120/80**

back

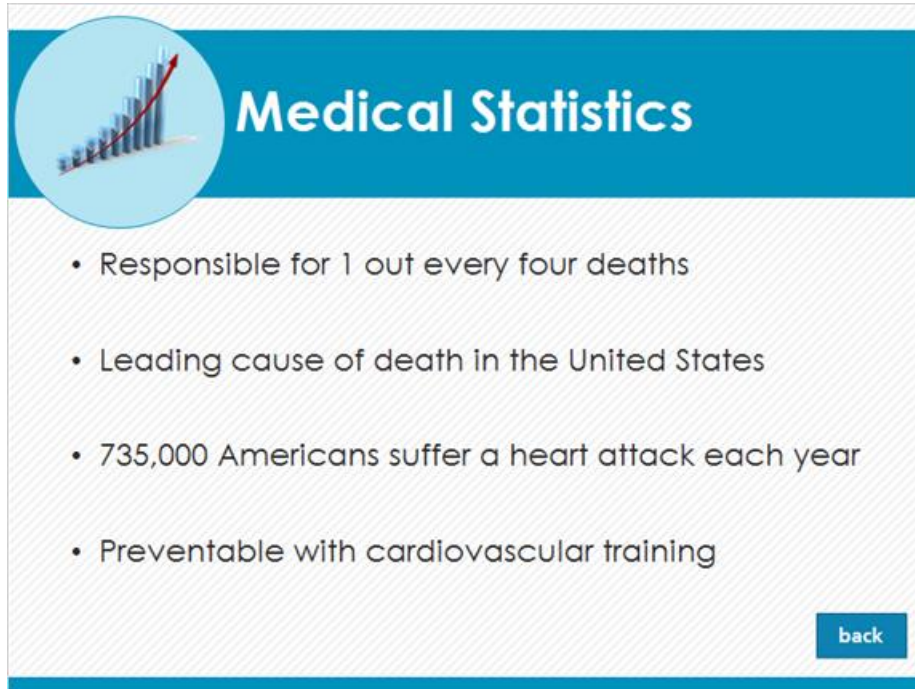
The lower number is known as diastolic pressure. This is the pressure when the heart is relaxed. Normal diastolic pressure is 80 and anything over 90 is considered high.



## Module 2: Physical Training Fitness Principles

### Topic 2 Content: Cardiovascular Performance Notes

#### Medical Statistics

A presentation slide titled "Medical Statistics" with a blue header. On the left, there is a circular graphic containing a 3D bar chart with a red arrow pointing upwards, indicating growth. The slide lists four bullet points: "Responsible for 1 out every four deaths", "Leading cause of death in the United States", "735,000 Americans suffer a heart attack each year", and "Preventable with cardiovascular training". A small blue button labeled "back" is located in the bottom right corner of the slide.

**Medical Statistics**

- Responsible for 1 out every four deaths
- Leading cause of death in the United States
- 735,000 Americans suffer a heart attack each year
- Preventable with cardiovascular training

[back](#)

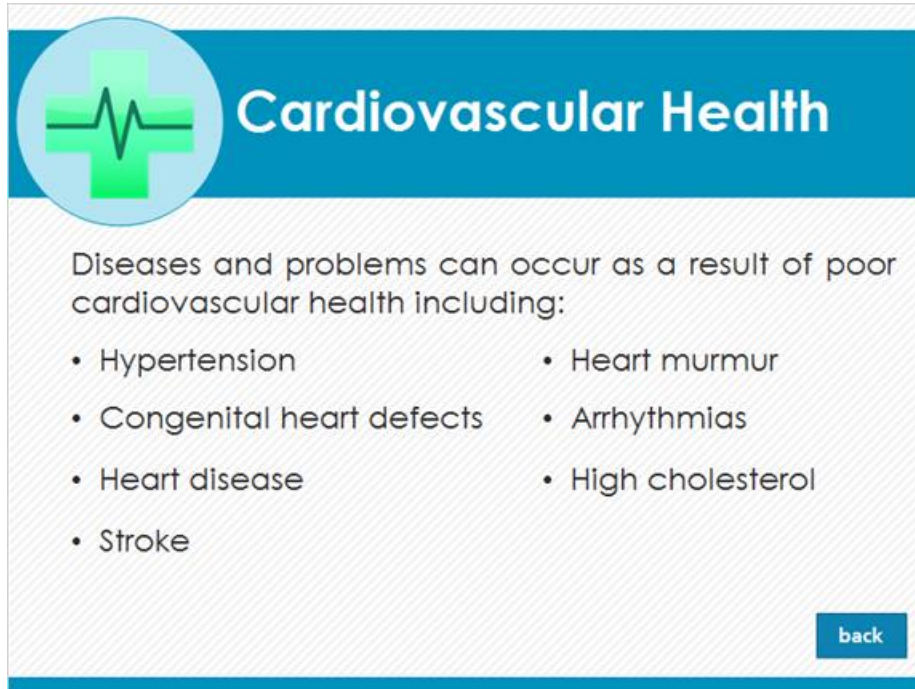
According to the Centers for Disease Control and Prevention, heart disease is responsible for 1 out of every 4 deaths. In the United States, heart disease is the leading cause of death. Every year, an estimated 735,000 Americans suffer a heart attack.

In most cases, heart disease can be prevented with proper care. It is important that you make sound decisions with your health during your teenage years in order to avoid heart disease. Cardiovascular training is one of the preventative methods that you can begin.

## Module 2: Physical Training Fitness Principles

### Topic 2 Content: Cardiovascular Performance Notes

#### Cardiovascular Health

A graphic with a blue header bar containing a green cross with a white ECG line and the text "Cardiovascular Health". Below the header, on a light gray background with a diagonal line pattern, is the text "Diseases and problems can occur as a result of poor cardiovascular health including:" followed by a bulleted list of seven conditions. A blue "back" button is in the bottom right corner.

**Cardiovascular Health**

Diseases and problems can occur as a result of poor cardiovascular health including:

- Hypertension
- Congenital heart defects
- Heart disease
- Stroke
- Heart murmur
- Arrhythmias
- High cholesterol

[back](#)

If you do not take care of your cardiovascular system, diseases and problems can develop. Some of the problems that can develop within the cardiovascular system are:

- Hypertension (high blood pressure)
- Congenital heart defects
- Heart disease (coronary disease, heart attack, heart valve disease, heart failure)
- Stroke
- Heart murmur (abnormal sounds as blood flows through the heart)
- Arrhythmias (irregular heartbeat)
- High cholesterol