3.1.1.2: Cardiovascular system

1. Outline the effect low density lipoprotein (LDL) cholesterol has on the arteries. **(3 marks)**

2. Give the formula for 'Cardiac Output.' **(1 mark)**

3. Explain why a trained athlete would have a higher max Cardiac Output than an untrained athletes **(4 marks)**

4. Describe what is meant by 'anticipatory rise.' **(2 marks)**

5. Explain the vascular shunt mechanism. **(4 marks)**

6. Analyse how the conduction system of the heart controls the cardiac cycle to ensure enough blood is ejected from the heart during the training run.

   (8 marks)

7. Outline how baroreceptors assist in controlling heart rate. **(3 marks)**

8. Describe what is meant by the term oxyhaemoglobin dissociation.

   (2 marks)

9. Explain Starling's Law. **(4 marks)**

10. Describe 3 venous return mechanisms. **(3 marks)**

11. Explain why cardiovascular drift might occur to a long-distance runner.

    (4 marks)

12. Explain why a trained athlete will have a higher arterio-venous difference in comparison to an untrained athlete. **(4 marks)**

Total Marks: /42 marks