

Review for Health Unit #1

1. Label the respiratory system and know the different parts in the respiratory system.
2. Anatomy of the heart and how the heart works.
3. Signs and symptoms of a heart attack.
4. What is a stroke and what are the signs and symptoms of a stroke.
5. Describe what takes place when coronary artery disease (cardiovascular disease or atherosclerosis) sets in.
6. Risk Factors of Cardiovascular Disease.
7. What is tobacco made of and what is the most addictive substance in cigarettes?
8. What are some short-term effects of smoking?
9. What are some long term effects of smoking?
10. Definition of second hand smoke.
11. Identify the five different types of fat and be able to give four examples of foods that contain each of these fats.
12. Definition of Myocardial infarction (heart attack) and angina pectoris (chest pain).
13. Definition of cardiopulmonary resuscitation and what are the ABC's of CPR.
14. What are the seven links or steps in the chain of survival.