

Stroke volume, Heart rate and Cardiac output at rest

	Definition	Typical Values (UNITS?)
Stroke volume (SV)	$SV = EDV - ESV$	Rest – Sub-max – Max –
Heart rate (HR)		Rest – Sub-max – Max –
Cardiac output (Q)	$Q =$	Rest – Sub-max – Max –

What are EDV and ESV?

EDV -

ESV -

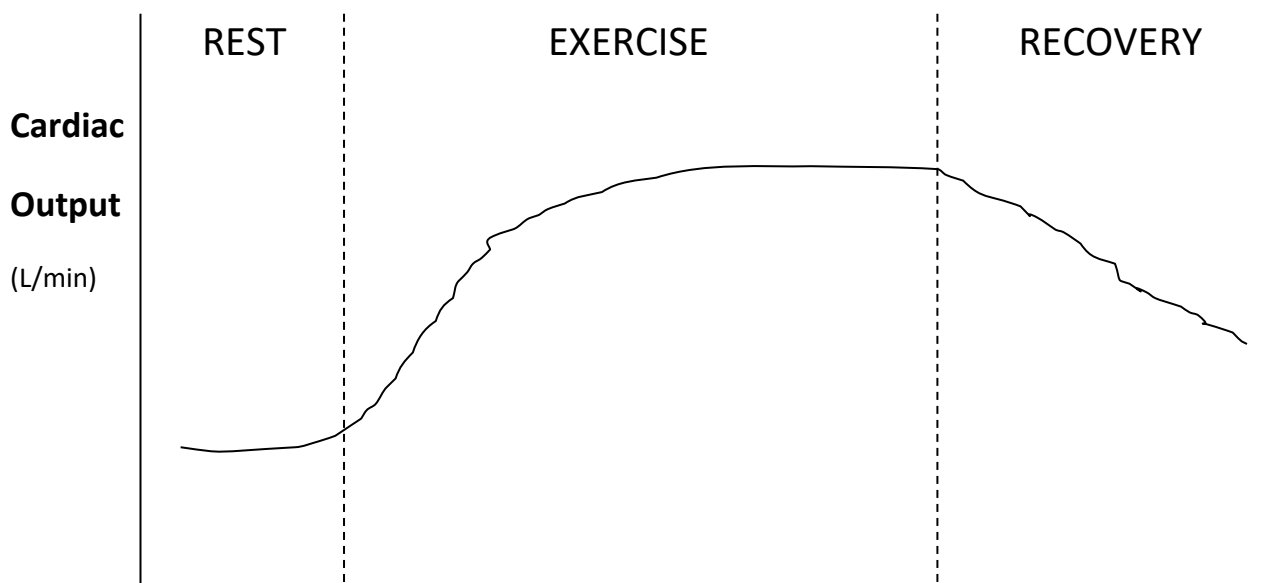
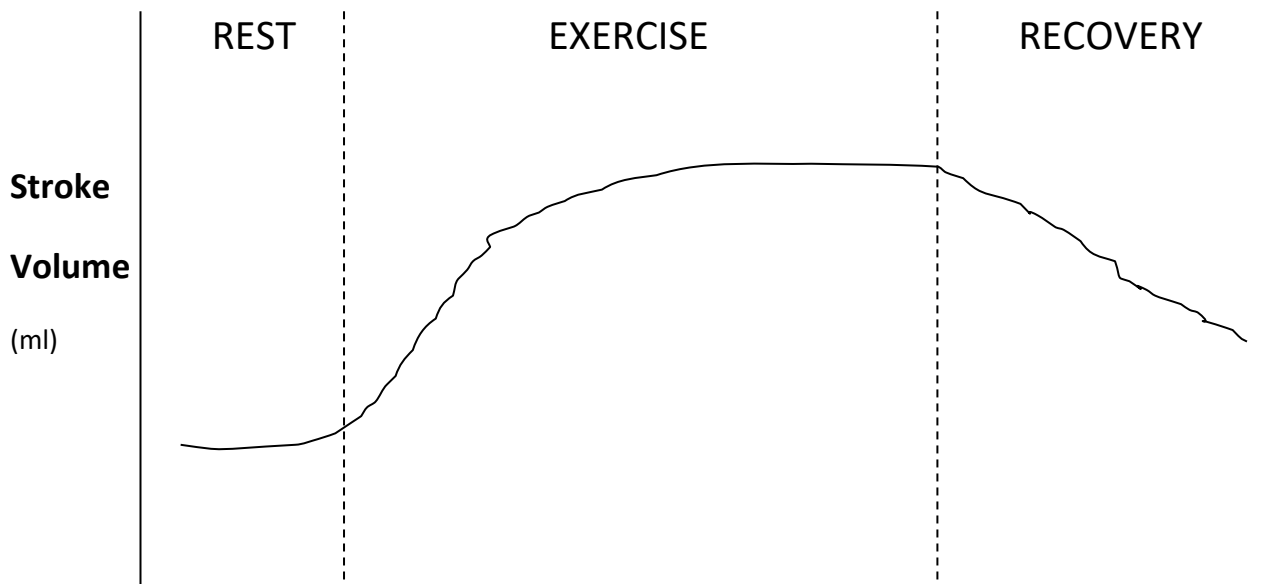
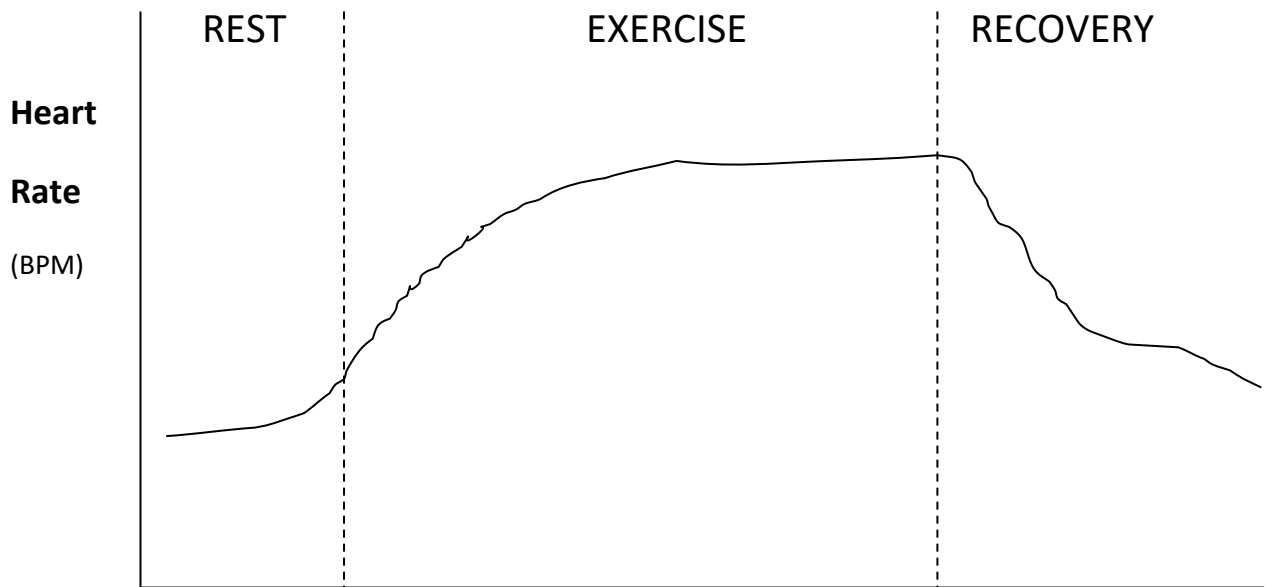
How is maximum Heart rate calculated?

What is bradycardia? Who might experience bradycardia?

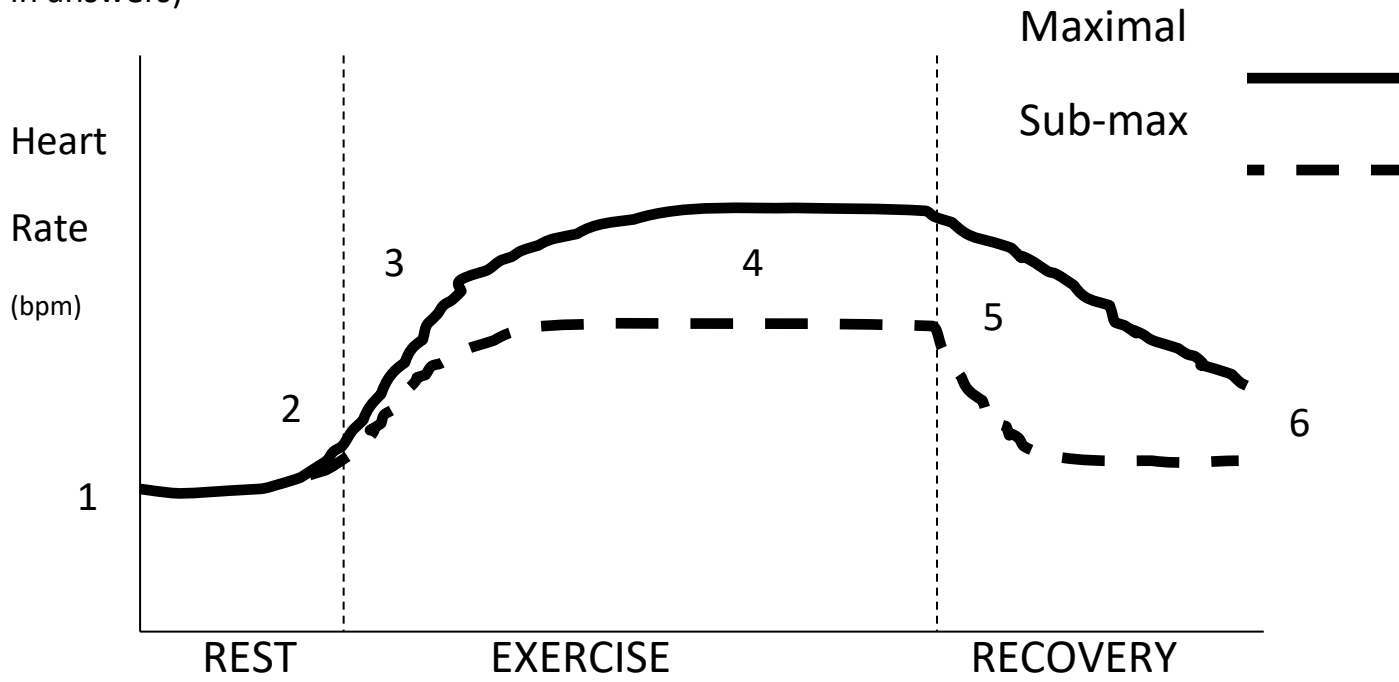
How is it possible for an elite athlete to have a similar resting Cardiac Output as a sedentary individual?

Responses of HR, SV and CO to exercise

(Annotate the diagrams – what is happening at each stage?)



Heart rate responses to exercise (It may be useful to draw this graph in answers)



Describe what is happening to Heart rate at points 1 to 6

1

2

3

4

5

6