

**Application****3****CARDIOVASCULAR FITNESS**

Read the paragraphs below describing Joe and his lifestyle. Then on the lines provided, list the controllable and noncontrollable risk factors that increase Joe's chances of developing heart disease.

Joe is a 45-year-old office worker who finds his job boring. To ease his boredom, Joe smokes cigarettes and eats candy throughout the day.

Joe usually goes out to lunch with friends, often to fast-food restaurants, where he typically eats hamburgers, french fries, and milk shakes.

Joe's height is 5'9", and recently his weight has risen from 195 to 220 pounds. Many of Joe's friends are aware that both his father and his grandfather suffered from heart disease. Consequently, they expressed to Joe their concerns about his weight. As a result, Joe has decided not to eat dinner on a daily basis.

Joe's after-work activities include watching TV, bowling once a week, and occasionally taking a slow stroll around the block with his dog, Ralph.

Controllable risk factors	Noncontrollable risk factors
_____	_____
_____	_____
_____	_____
_____	_____

Read the following descriptions of health problems. On the line before each description, write whether the problem is hyperkinetic or hypokinetic.

- \_\_\_\_\_ 1. Sarah is afraid to miss a day of regular exercise because she fears that she will not be fit if she does.
- \_\_\_\_\_ 2. My grandmother broke her wrist last winter. It will not heal because her bones are brittle and porous.
- \_\_\_\_\_ 3. Ron is a marathon runner. When he is in training for a race, he often gets shinsplints.
- \_\_\_\_\_ 4. Matthew spends most of the time he isn't in school watching TV. Most of his meals are junk food. Matthew is 5'7" tall and weighs 250 pounds.
- \_\_\_\_\_ 5. Rico goes to sleep very late at night. He sleeps an hour or two and wakes up again. Lack of sleep is making him tired and cross.