

# Where Have You Been?: An Exercise To Assess Your Exposure To The Rest Of The World's Peoples

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**FURTHER READING/ RESEARCH TO DO**

**SEARCH FOR YOUR OWN GRADES.**

**QUESTIONS:**

1. What does the chart show?
2. What is a good starting point for the year 2010?
3. How do you think it will look in 2020?
4. What does the graph illustrate about the world?

**Body Mass Index**



**Body - Upper threshold**

**Lung Function tests**

Lung function tests, also called pulmonary function tests, measure how well your lungs are working. They measure how much air you can breathe in and out, how fast you can breathe in and out, and how well your lungs are exchanging oxygen and carbon dioxide.

Lung function tests measure:

- How much air you can breathe in and out
- How fast you can breathe in and out
- How well your lungs are exchanging oxygen and carbon dioxide

**Smoking and lung tests**

**Blood Pressure test**

**Systolic**  
**Diastolic**

The blood pressure when the heart is contracting.  
Pressure in the blood when the heart is in the period of relaxation and dilation.

**Important**

- High blood pressure is an increased risk
- Diabetes, stroke, kidney disease, or example
- Adults, children and athletes, are at an increased risk
- Smoking, diabetes, cholesterol are at increased risk
- Family history: if there's a history of heart disease in your family, then you're at an increased risk
- Physical activity: people who are physically inactive are at an increased risk

**Health monitoring tests**

- Resting Heart rate
- Blood pressure
- Lung function
- Body Mass Index
- Harvard Step test

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**OBJECTIVES**

- IDENTIFY WHAT HEALTH MONITORING TESTS ARE.
- UNDERSTAND THE IMPORTANCE OF HEALTH MONITORING TESTS.

**Recap**



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# Where Have You Been?: An Exercise To Assess Your Exposure To The Rest Of The World's Peoples

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FURTHER READING:  
 THE IMPORTANCE OF  
 WELLNESS

SEARCH FOR YOUR  
 HIGH GRADES.

QUESTIONS:  
 1. What does wellness mean?  
 2. What does a good lifestyle mean?  
 3. How do you keep your heart healthy?  
 4. What does a lung function test mean?

Body Mass Index



Diets - Paleo Studies

Lung Function tests



Blood Pressure test



Blood Pressure test

**Systemic**  
 The blood pressure when the heart is contracting.

**Diastolic**  
 Refers to the time when the heart is in a period of relaxation and dilation.

**Important**  
 Age: older people are at an increased risk  
 Ethnicity: some ethnic groups, for example, South Asians and African Caribbeans, are at an increased risk  
 Smoking: cigarette smokers are at increased risk  
 Family history: if there is a history of heart disease in your family, then you are at an increased risk  
 Physical activity: people who are physically inactive are at an increased risk



Health monitoring tests

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Recap



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# Recap

Task 1 is complete and we are working towards task 2.  
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# Recap

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# Health monitoring tests

Resting Heart rate

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