

which oxygen and carbon dioxide are exchanged and energy is produced in the body.

CIRCULATORY SYSTEM: The transport of material between various parts of body is called circulatory system. It consists of heart, blood vessels, arteries, arterioles, capillaries, veins, venules and fluid.

STRUCTURE OF HEART: Heart is fist shaped. It consists of four chambers which collect impure/deoxygenated blood from different parts of body and after purification/oxygenation it supplies pure/oxygenated blood to different parts of body through blood vessels.

BLOOD: Blood is a special kind of fluid which acts as a medium of transporting nutrients and gases from one part of body to another.

HEART RATE: It is the number of pumping of heart in one minute.

STROKE VOLUME: It is the volume of blood pumped out by heart in one beat. It is approximately 80 ml/beat in normal adult, whereas trained players have 110 ml/beat as stroke volume.

CARDIAC OUTPUT: Cardiac Output = stroke volume $\times$ heart rate. It is 5 to 6 liters at basal level.

BLOOD PRESSURE: It is the force exerted by the blood on the walls of blood vessels.

SECOND WIND: The breathlessness caused due to prolonged exercise is removed automatically by our body. It is called as second wind.

OXYGEN DEBT: The amount of oxygen taken by an athlete during the recovery period after strenuous activity is called as oxygen debt.