

**BSF / CAPF HCM & DSSSB JA/LDC Typing Test**

Time: 10 minutes

Speed needed: 35 WPM (English)

321 words · 2000 characters

Level: RBE Advanced

Type the passage below on the computer exactly as printed – capital letters, punctuation and figures included, one space after a punctuation mark. If you finish before time, start again from the beginning and keep typing until the time is over. Net speed = (words typed – mistakes after the 5% allowance × 10) ÷ 10. Words typed = key depressions ÷ 5.

The human heart is a muscular organ about the size of a closed fist, weighing roughly 250-350 grams, located in the thoracic cavity between the lungs, slightly to the left of the sternum. It has four main chambers: the Right Atrium (RA), the Right Ventricle (RV), the Left Atrium (LA) and the Left Ventricle (LV). Deoxygenated blood from the body enters the right atrium through the Superior and Inferior Vena Cava, passes through the Tricuspid Valve into the right ventricle, and is pumped through the Pulmonary Artery to the lungs. Oxygenated blood returns through the Pulmonary Veins to the left atrium, flows through the Mitral (Bicuspid) Valve into the left ventricle, and is then pumped into the Aorta, the largest artery of the body. The heartbeat is controlled by the Sino-Atrial (SA) Node, the natural "pacemaker", and the Atrio-Ventricular (AV) Node. A normal adult heart beats 60-100 times per minute at rest and pumps about 5 litres of blood every minute. Normal blood pressure is about 120/80 mmHg for a healthy adult, where 120 is the systolic and 80 is the diastolic pressure. An Electrocardiogram (ECG) records the electrical activity of the heart as P, QRS and T waves, while an Echocardiogram uses ultrasound to show its structure. Coronary Artery Disease (CAD), caused by the build-up of fatty plaques, can lead to a heart attack (Myocardial Infarction). Major risk factors include smoking, high LDL cholesterol, diabetes, hypertension, obesity, stress and lack of physical activity. A resting heart rate below 60 beats per minute (bradycardia) is common in trained athletes, while a rate above 100 (tachycardia) may indicate fever, anaemia or anxiety. Cardio-Pulmonary Resuscitation (CPR), with chest compressions at a rate of 100-120 per minute, can save lives until medical help arrives. World Heart Day is observed on 29 September every year to spread awareness. A healthy diet, regular exercise and annual check-ups can keep this remarkable organ working strongly for decades.