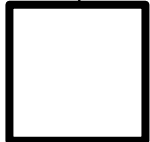
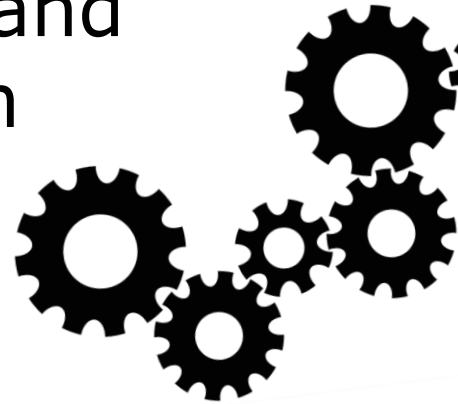
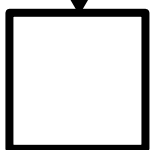


L2 A & P CHEAT SHEET 1

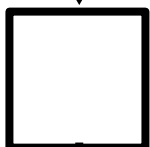
Module 1: The Heart and Circulatory System



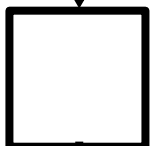
Identify the Location and Function of the Heart



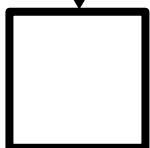
Describe the Structure of the Heart & Blood Vessels



Describe Systemic + Pulmonary Circulation



Explain Blood Pressure Classifications



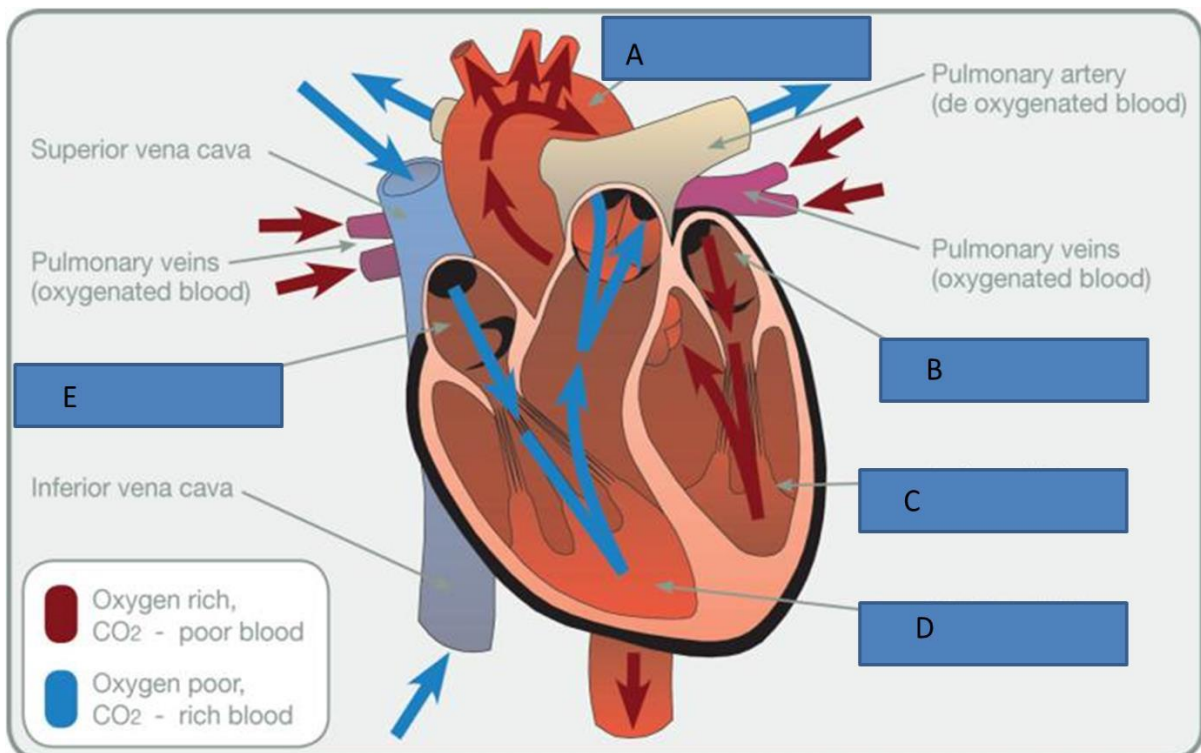
Complete the Cheat Sheet

L2 A & P CHEAT SHEET 1



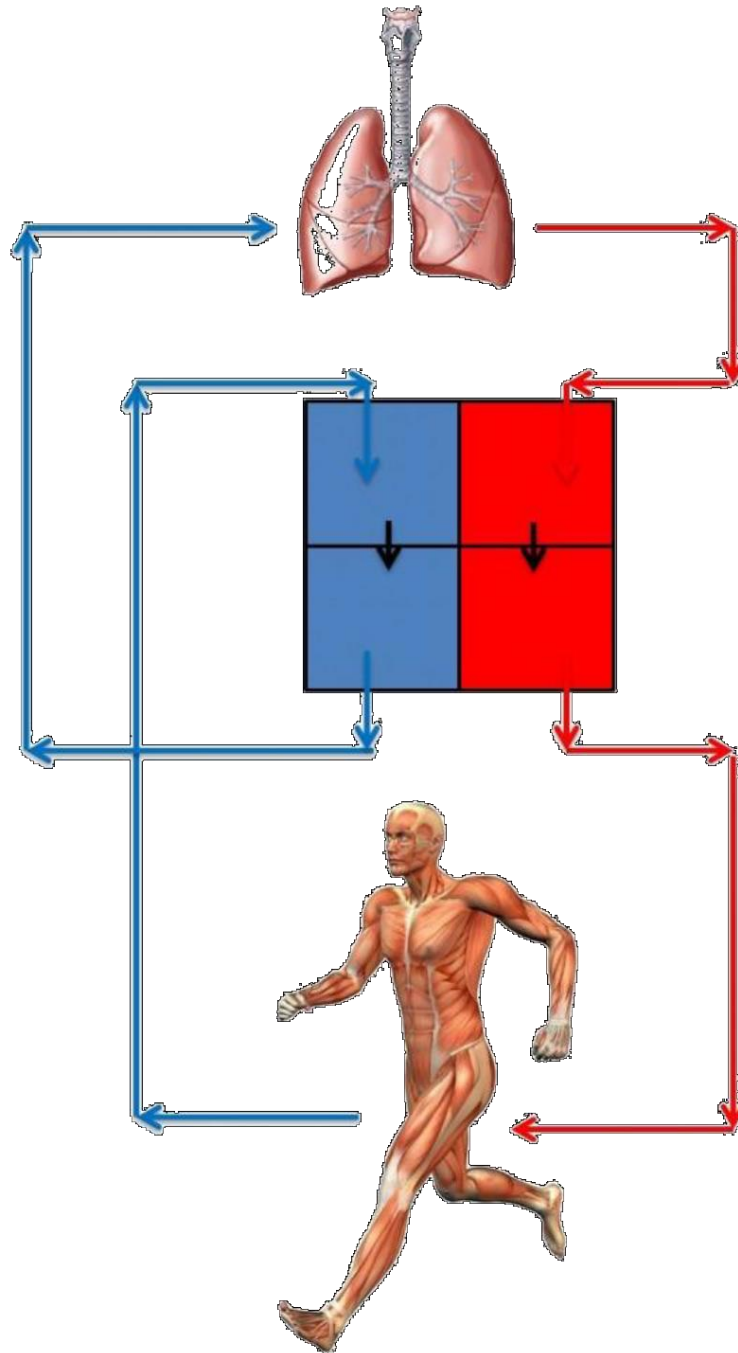
Work through this cheat sheet alongside the video to supercharge your knowledge and confidence

⚙️ Label the Diagram



L2 A & P CHEAT SHEET 1

⚙️ Label the heart chambers, arteries and veins



L2 A & P CHEAT SHEET 1

Quiz Questions:

1. Where is the heart located?

A – To the back of the Pelvis

B – Slightly left of centre in the Thoracic Cavity

C – Slightly right of centre in the Thoracic Cavity

D – Middle of the Abdominal Cavity

2. Approximately how big is the heart?

3. What are the two main functions of the heart?

[select two]

A – To Pump Oxygenated blood to the muscles

B – To Pump Oxygenated blood to the lungs

C – To Pump Deoxygenated blood to the lungs

D – To take oxygen into the body

4. List the three blood vessels in the body?

-
-
-

5. What are the two unique features of the cardiac muscle (compared to other muscles in the body)?

6. What are the Upper Chambers of the heart called?

7. Where does the right atrium collect blood from?

L2 A & P CHEAT SHEET 1

8. To where does the right ventricle pump blood to?

9. Why are the walls of the Left ventricle thicker than the rest of the heart?

10. Arteries transport blood _____ the heart.

11. Veins transport blood _____ the heart

12. List three effects of exercise on the cardiovascular system?

13. Using the Rule of Thumb ... what is the classification for normal blood pressure?

a. - Systolic

b. - Diastolic

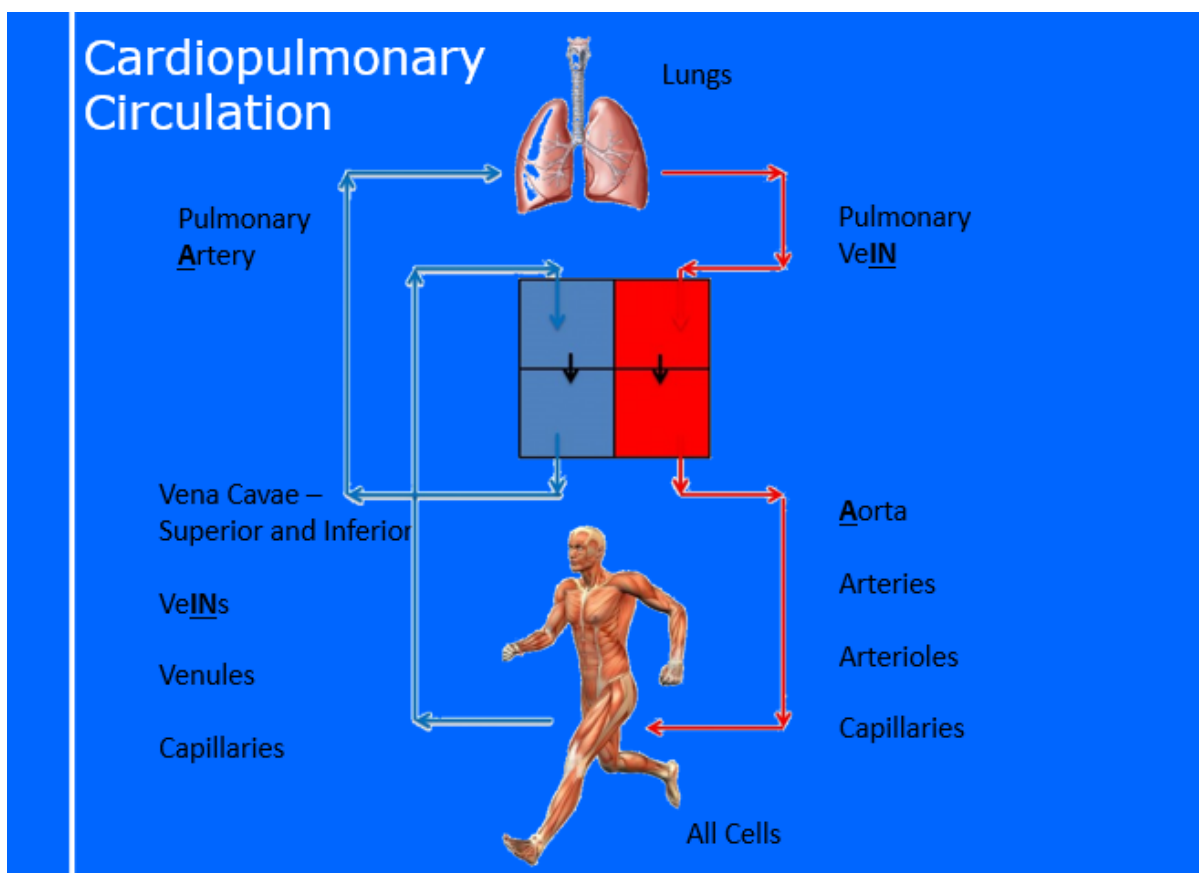
L2 A & P CHEAT SHEET 1

Answers:

Heart label:

A = Aorta, B = Left Atrium, C = Left Ventricles, D = Right Ventricle, E = Right Atrium

Circulatory label:



Quiz Questions

- 1 = B
- 2 = Approx. the size of your fist
- 3 = A + C
- 4 = Arteries, Veins and Capillaries
- 5 = It is Involuntary and Striated
- 6 = Atria [The Left and Right Atrium]
- 7 = The Vena Cavae (superior and inferior)

L2 A & P CHEAT SHEET 1

8 = The Pulmonary Artery

9 = It has to generate the most amount of force here – allowing it to pump blood around the whole body.

10 = Away from the heart

11 = Towards [or into] the heart

12 = any of these ...

- Stronger Heart contractions
- ↓ Resting Pulse and BPM in exercise
- ↑ Stroke Volume = Blood (litres) per heart beat
- ↑ Cardiac Output = Stroke Volume + BPM
- More efficient delivery of oxygen and Nutrients to Body Tissues
- More efficient removal of waste products from body tissues
- ↑ Capillarisation
- ↓ or normalised Blood pressure
- ↑ Gaseous exchange Efficiency
- ↑ Red Blood Cells (carry more oxygen)

13 = 120-140 Systolic; 70-90 Diastolic