Circulatory System Study Guide

* *Review the Circulatory system PowerPoint, worksheets and quizzes*
* Know the functions of the cardiorespiratory system.
* Know general facts about the heart.
  + Size, bpm, weight, amount of blood pumped
* Know and be able to label the structures of the heart.
  + Atria, ventricles, valves, arteries, veins
* Understand the flow of blood through the heart.
  + Differentiate between oxygenated and deoxygenated blood
* Be able to recognize the specialized cell of the heart’s conduction system.
* Know the layers of the heart muscle
* Know the jobs for each of the following:
  + Plasma
  + RBC
  + WBC
  + Platelets
* Differentiate between arteries and veins
  + What important information do they provide?
* Explain the coronary arteries
* Understand blood pressure
  + Systolic pressure
  + Diastolic pressure
  + Pulse pressure
* Understand benefits of working at target heart rate
  + How your cardiovascular system responds to exercise