

# Circulatory System Notes

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The circulatory system is how \_\_\_\_\_ moves around your body. It moves oxygen rich blood from the lungs to the rest of the body through a network of tubes called \_\_\_\_\_ and carries carbon dioxide rich blood back through a separate network of tubes called \_\_\_\_\_.

Blood consists of:

- \_\_\_\_\_ Water, proteins and minerals and dissolved salts
- \_\_\_\_\_ Carry oxygen from the lungs and carbon dioxide from the body
- \_\_\_\_\_ Fight infection
- \_\_\_\_\_ Important for clotting blood

Oxygen rich blood flows from the lungs to the \_\_\_\_\_ of the heart, from there it flows into the left \_\_\_\_\_ and is pumped into arteries which will bring it all over the body into smaller and smaller tubes, eventually the blood reaches a network of tiny blood vessels called \_\_\_\_\_. Oxygen and nutrients from the blood diffuse into the tissues and carbon dioxide and other wastes diffuse from the tissues into the blood. After leaving the capillaries blood flows through veins back to the heart it enters the \_\_\_\_\_ of the heart and from there it flows into the right \_\_\_\_\_ and is pumped toward the lungs through the \_\_\_\_\_ (this is the only artery which carries deoxygenated blood). This blood returns to the heart through the \_\_\_\_\_ and the process starts again.

Resting Heart Rate: \_\_\_\_\_