

The Cardiovascular System

H&A/PA Medical Anatomy & Physiology 1.3a
Station Lab Activity

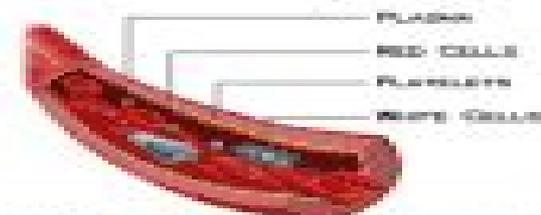
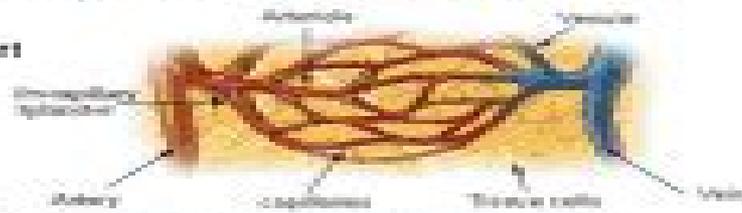
Background

The Cardiovascular System

The cardiovascular system is made up of the heart, blood, and blood vessels. It functions as the freeway of your body by carrying oxygen, carbon dioxide, nutrients, waste products, and even medications to and from organs, tissues, and cells. The blood vessels act as the road or path, the blood is the vehicle that substances travel upon, and the heart is the pump that keeps everything moving. In fact, all of the blood vessels in your body would equal more than 60,000 miles!

The Blood Vessels

The blood vessels travel in one direction, leaving the heart through arteries. Twenty major arteries travel through the body and branch into smaller blood vessels, called arterioles. The arterioles get even smaller and branch into blood vessels that are a single cell thick, called capillaries. Capillaries are the most abundant blood vessels in the body and are so small that red blood cells must travel in single file. Because of their thinness, oxygen, carbon dioxide, nutrients, and wastes easily diffuse out of capillaries into the tissues and cells that surround them. The capillaries pass through the tissues of the body, dropping off and picking up substances, and then begin to group together to become venules. Venules eventually join together and form veins, that end up back at the heart to start the path through the body all over again. Veins and venules have specialized valves to prevent blood from flowing backward.

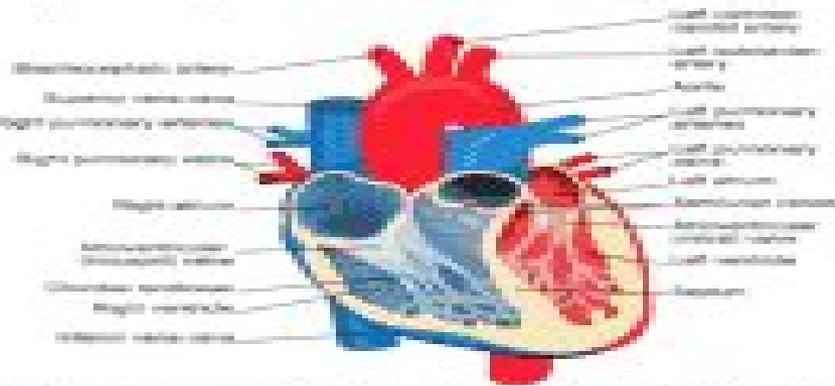


The Blood

A healthy adult contains approximately 5 liters of blood. Blood is a liquid made up primarily of plasma, red blood cells, white blood cells, and platelets. Plasma is mainly water with a variety of dissolved substances and nutrients. Red blood cells function to carry oxygen and carbon dioxide molecules between the lungs and the cells of the body. White blood cells function in immunity, allowing our bodies to recognize and fight off infections. Platelets function to help stop bleeding when a blood vessel is damaged.

The Heart

The heart is one of, if not the most important, organ of the body and will beat more than 3 billion times in an average lifetime. It is made up of strong cardiac muscle tissue that contracts continually for the entire lifetime of an individual. The heart creates its own electrical impulses through cardiac conduction, that keeps the heart beating regularly. The contraction of the heart expels blood out of four chambers within the heart that are the right atrium, right ventricle, left atrium, and left ventricle. The blood is pushed forward out through arteries, and specialized valves prevent the blood from flowing backward.



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