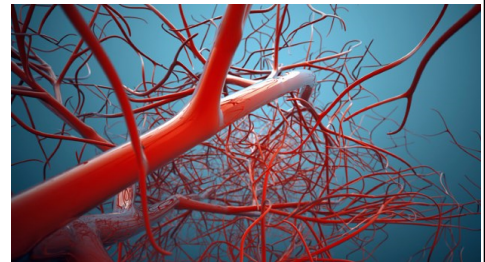


Oct 25, 2019

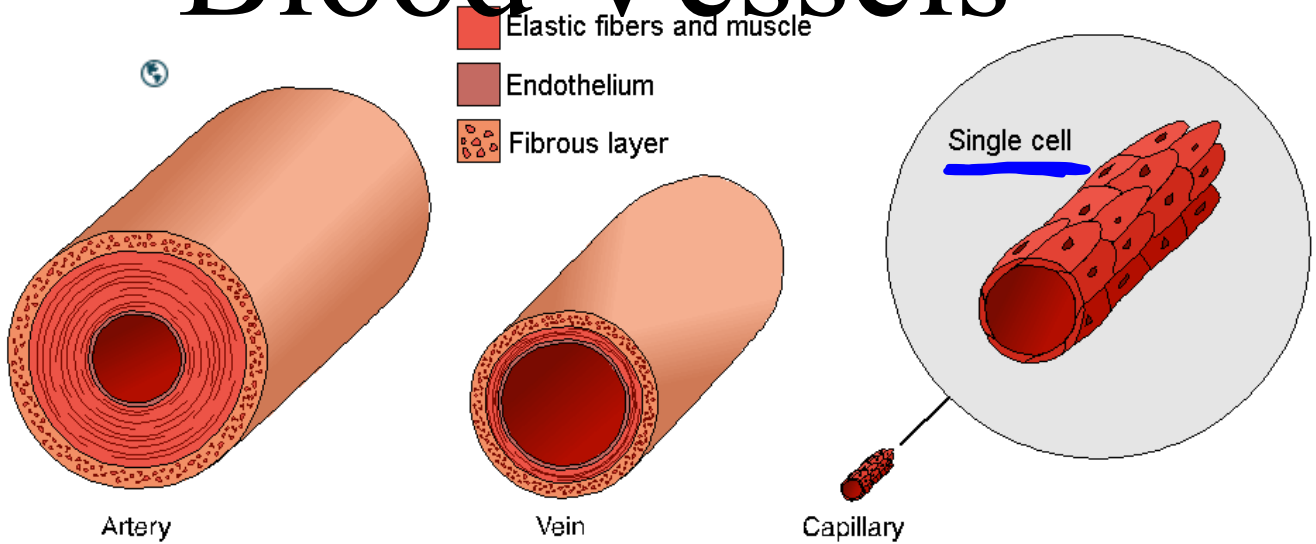
- Chapter 22 Circulation
 - Review Heart
 - Blood Vessels
 - Blood Vessel Assignment

Warm- Up Quiz Tuesday!!

Though blood vessels are small, their network is amazingly long. If they were laid out in a line, they would measure more than miles in length.



Blood Vessels



arteries- carry blood away from the heart

veins - carry blood to the heart

capillaries - small branches that connect arteries and veins

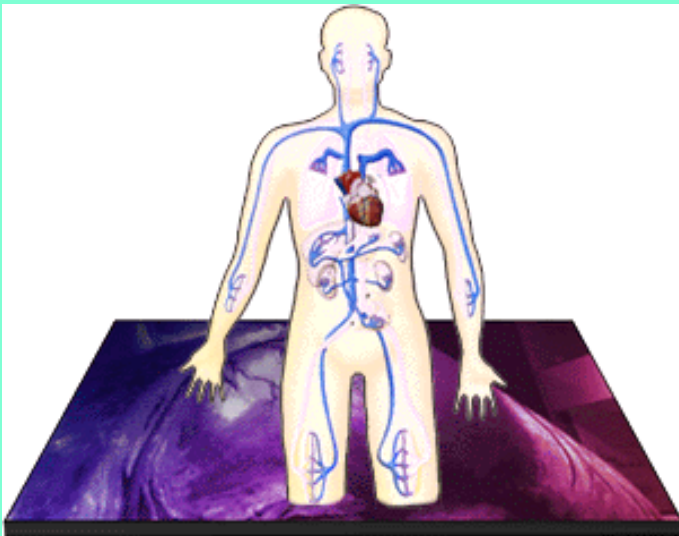
Arteries

carry blood away from the heart to the lungs and the body

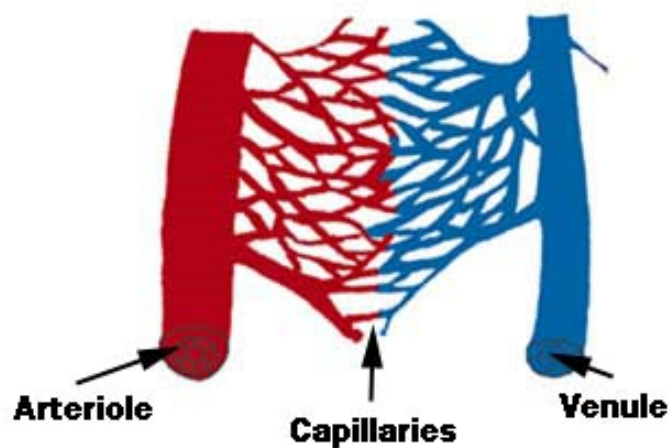
have thick muscular walls that are strong and elastic



Veins have thinner walls and are less muscular. Veins return blood back to the heart using skeletal muscle and one-way valves.



Capillaries are very small blood vessels that are thin. Food and oxygen diffuse from the blood into other cells of the body.



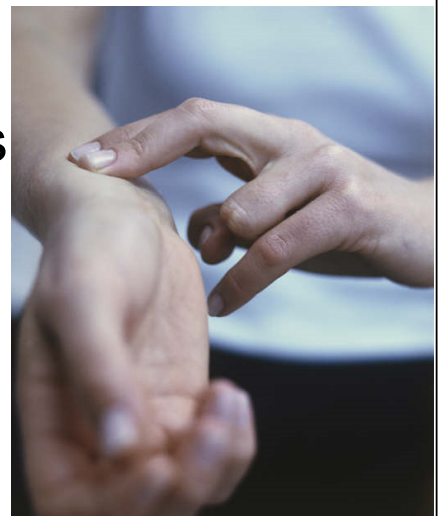
Pulse

pulse = the blood pressure against the walls of an artery

normal resting pulse for adults is between 60 and 100 beats per minutes

Try it:

place middle finger and index finger on the inside of your wrist. The beat is your pulse. Count for 15 sec then $\times 4 =$ your beats per minute



Blood Pressure



the force of blood against the walls of blood vessels.

The top number represents the pressure when your heart contracts and pushes blood out (systolic) and the bottom number is the lowest pressure when the heart relaxes between beats (diastolic).

Category	Systolic/Diastolic
• Normal	120-129 / 80-84
• High-normal	130-139 / 85-89
• High blood pressure (measured in a doctor's office)	140 / 90
• High blood pressure (measured at home with home monitoring device)	135 / 85
• High blood pressure for people with diabetes	140 / 90

Blood Vessel Assignment (Pass in once complete)

Attachments

Biology 113 blood vessel assignment.doc