



Gill Tree
Training

Cardiovascular System

Workbook

The Cardiovascular System

Using the space below write a list of anything you know about the cardiovascular/circulatory system

The Heart (1)

In conjunction with your film draw and label a diagram of the heart below.

The Heart (2)

Without referring to your previous notes redraw and label a diagram of the heart and include the flow of blood through the heart.

Arteries and Veins

Using your text books complete the table below by comparing the structure of Arteries and Veins

	Arteries	Veins
Thick or thin walls?		
Valves?		
Deep or superficial?		
Carries oxygenated or deoxygenated blood?		
High or low pressure?		
Powered by heart?		
Bloodflow to or from the heart?		

Blood Cells

Below is a list of facts about blood cells. Using your text books assign these facts to the relevant blood cell type in the table below.

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. Contains Proteins, Enzymes, Amino Acids, Minerals etc 2. Is 55% volume of the blood 3. Acts as transport 4. Contain Iron 5. Mature cells have no nucleus 6. Formed in Red Bone Marrow 7. Numbers increase with Exercise 8. Mostly water | <ol style="list-style-type: none"> 9. Formed in Red Bone Marrow and Lymphoid Tissue 10. Act as 'Soldiers' of the blood 11. Only live for about 4 days 12. Live for approx 120 days 13. Aid in Blood Clotting 14. Also called Erythrocytes 15. Also called Thrombocytes 16. Also called Leucocytes |
|---|---|

white blood cells	red blood cells
•	•
•	•
•	•
•	•
•	•
platelets	plasma
•	•
•	•
•	•
•	•
•	•

Location of Arteries and Veins

Draw a body outline and fill in the main arteries and veins

Main Arteries and Veins

Using your text books complete the table below detailing the main arteries and veins for the given part of the body.

	Arteries	Veins
Head		
Neck		jugular
Chest		vena cava
Arm	brachial	
Forearm	radial/ulnar	
Hand		
Hip		iliac
Thigh	femoral	
Leg		great saphenous
Foot		

Systems – examples

Heart	C _____
Lungs	P _____
Body	S _____
Liver	H _____
Kidneys	R _____

Blood Pressure

In conjunction with your film list below the causes of high/low blood pressure.

Normal Blood Pressure - 120/80

(120) Systolic/(80) Diastolic

Causes of High BP

Causes of Low BP