1. Describe the basic function of the following parts of the circulatory system:

   heart _________________________________________________________
   _____________________________________________________________
   _____________________________________________________________
   _____________________________________________________________

   blood vessels _______________________________________________
   _____________________________________________________________
   _____________________________________________________________
   _____________________________________________________________

   blood ________________________________________________________
   _____________________________________________________________
   _____________________________________________________________
   _____________________________________________________________

   lungs _________________________________________________________
   _____________________________________________________________
   _____________________________________________________________
   _____________________________________________________________

2. Describe the major difference between arteries and veins.

   _____________________________________________________________
   _____________________________________________________________
   _____________________________________________________________
   _____________________________________________________________

   What is a capillary and what is its function?
   _____________________________________________________________
   _____________________________________________________________
   _____________________________________________________________
   _____________________________________________________________
3. Identify two locations for measuring your pulse. Demonstrate your ability to accurately take someone’s pulse.

_____________________________________________________________

_____________________________________________________________

_____________________________________________________________

4. Record your resting pulse rate, then exercise strenuously (ie jog, swim laps, climb stairs, etc.) for 10 minutes. Retake your pulse immediately after exercising, and then again after five minutes. Do this each day for one week recording your results on a chart or a graph. Did the exercise effect your heart rate?

5. Make a simple stethoscope and listen so someone’s heart beat.

6. List at least five things you can do to keep your heart healthy. Put these into practice if you have not been doing so already.
   1. _______________________________________________________
   2. _______________________________________________________
   3. _______________________________________________________
   4. _______________________________________________________
   5. _______________________________________________________

7. What is cholesterol and how is it related to arteriosclerosis?

_____________________________________________________________

_____________________________________________________________

_____________________________________________________________

_____________________________________________________________

8. What is a heart attack and what are its symptoms? How can CPR help?

_____________________________________________________________

_____________________________________________________________

_____________________________________________________________
9. What is an ECG and how is it used by a doctor?

10. Find five verses in the Bible that refer to your heart. Memorize two of them.

1.

2.

3.

4.

5.
Record for 1 week your resting heart rate then exercise strenuously (ie jog, swim laps, climb stairs, etc.) for 10 minutes. Retake your pulse immediately after exercising, and then again after five minutes. Do this each day for one week recording your results on a chart or a graph. Did the exercise affect your heart rate?

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Resting Heart rate</th>
<th>Exercise Heart rate</th>
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<tbody>
<tr>
<td>Day 2</td>
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</tr>
<tr>
<td>Day 3</td>
<td>Resting Heart rate</td>
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</tr>
<tr>
<td>Day 4</td>
<td>Resting Heart rate</td>
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<tr>
<td>Day 5</td>
<td>Resting Heart rate</td>
<td>Exercise Heart rate</td>
</tr>
<tr>
<td>Day 6</td>
<td>Resting Heart rate</td>
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