

Cardiovascular and Circulatory Systems Study Guide

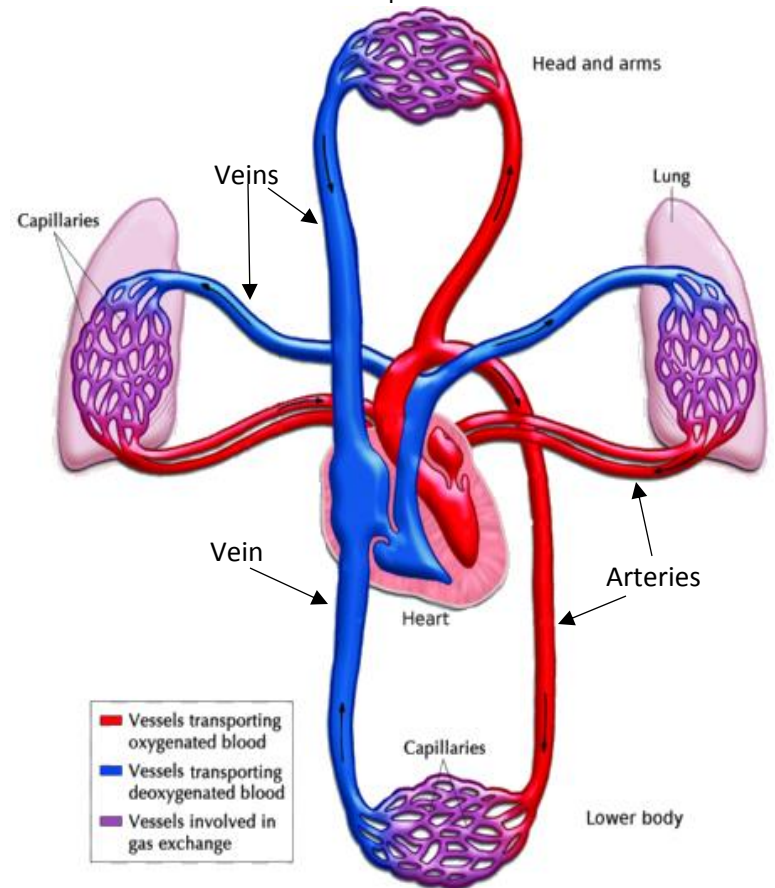
- ♥ The human body has many functions. Every part of the body helps keep the body working. The circulatory and cardiovascular systems keep oxygen and nutrients moving through the body.
- ♥ The pumping of the heart in the human body happens without us thinking about it.
- ♥ The heart is a muscle which contracts and expands like a pump to circulate blood throughout the body. The heart is the major organ of the cardiovascular system.
- ♥ To help you understand some of the characteristics of the muscle in your heart, gently squeeze and release a balloon partially filled with water.
- ♥ The main function of the heart is to circulate blood through the body. Blood contains fluid and red blood cells that carry oxygen, nutrients, and waste. Arteries carries blood away from the heart to the rest of the body. Veins carries blood back towards the heart. Arteries and veins branch out into capillaries, which are the smallest blood vessels.
- ♥ The cardiovascular and circulatory systems work together to deliver oxygen from the lungs for muscle energy and removes carbon dioxide, a waste gas.
- ♥ The circulatory system works with the digestive system through blood carrying nutrients throughout the body.
- ♥ The skeletal system works with the circulatory system because the skeletal system produces red blood cells and the circulatory system transports those cells where they need to go.

Myth: Your blood and veins are blue.

Truth: The blood in your veins is dark red.

Read more about this →[here](#)←

Here is a diagram that shows how the heart, arteries, veins, and capillaries are related.



What is the job of the cardiovascular and circulatory systems?

The heart and circulatory system (also called the cardiovascular system) make up the network that delivers blood to the body's tissues. With each heartbeat, oxygen rich blood is sent through **ARTERIES** to other parts of our bodies. Then it goes into the tiniest of all blood vessel called **CAPILLARIES**. Here is when the blood carrying oxygen and nutrients is sent to all of our cells. Then waste products such as carbon dioxide are also removed by the capillaries and sent back to the heart through **VEINS**.