Name:

Section 3: Cardiovascular system

Question1

Name the three components that make up the cardiovascular system.

1._____

2._____

3._____

[3]

Question2

Fill in the blanks to complete the following paragraphs describing the passage of blood through the heart.

A. aorta	**E.** bicuspid	**I.** left atrium
B. left ventricle	**F.** pulmonary artery	**J.** pulmonary vein
C. right atrium	**G.** right ventricle	**K.** semi lunar
D. tricuspid	**H.** vena cavae	**L.** Gluteus Maximus

De-oxygenated blood returns to the heart through the large veins called the (1)_____ _____. The blood enters the (2)_____ , and passes through the (3)_____ valve into the (4)_____ . It is them pumped through the (5)_____ valve in the (6)_____ and into the lungs where it loses carbon dioxide and picks up fresh oxygen. The oxygenated blood returns to the heart from the lungs through the pulmonary vein into the (7)_____ It passes through the (8)_____ valve and into the (9)_____ . It is pumped through the semi-lunar valve into the (10) _____ , and out to the rest of the body through the arteries.

[10]

Question 3

Why are red blood cells important to the performer in physical activity?

_____

_____

_____

[1]

Name:

Question 4

What function do white blood cells provide?

_____

[1]

Question 5

An increase in heart rate benefits performers in a training session. Identify **three** benefits of this increase in heart rate.

1. _____

_____

[1]

2. _____

_____

[1]

3. _____

_____

[1]

Question 6

Describe the effects of exercise on the cardiovascular system when we exercise.

(NB: Quality of Written Communication is worth 3 extra marks for this question).

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

[7]

Section 3 marks available: 25

QWC: 3 marks