

The heart Name the structures of the mammalian heart.	The heart Which vessels carry blood away from, and to, the heart?
The heart Supplement What happens to the valves when the ventricles contract?	The heart Three ways to monitor the heart?
The heart How do you calculate heart rate from a 15-second pulse count?	The heart Effect of exercise on heart rate?
The heart Supplement Why does heart rate rise during exercise?	The heart Supplement What is coronary heart disease?

Arteries carry blood away from the heart;
veins return it to the heart.

Muscular wall, septum, left and right
ventricles, left and right atria, one-way
valves, coronary arteries.

ECG, pulse rate and listening to the sounds
of the valves closing.

Atrioventricular valves close and semilunar
valves open, so blood leaves through the
arteries.

Heart rate increases during exercise and
returns to the resting rate during recovery.

Multiply the number of beats by 4 to give
beats per minute.

Blockage of the coronary arteries by fatty
deposits, reducing blood flow to the heart
muscle.

Muscles respire faster, so more oxygen and
glucose are delivered and carbon dioxide is
removed faster.

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Risk factors for CHD?

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How can diet and exercise reduce the risk of CHD?

Less saturated fat reduces fatty deposits;
exercise strengthens the heart and helps
control body mass.

Diet, lack of exercise, stress, smoking,
genetic predisposition, age and sex.