

# Cardiorespiratory System

1. the cardiovascular and respiratory systems are called this A. Ventricles
2. heart, blood, and blood vessels are part of this system B. Arterioles
3. type of muscle that is shorter, more tightly connected than skeletal muscle; involuntary; fires synchronously C. Cardiac muscle
4. the smaller, superior chambers of the heart; receives blood from veins D. Veins
5. the atrium that gathers deoxygenated blood returning to the heart E. VO<sub>2</sub>max
6. side of the atrium that gathers oxygenated blood from the lungs F. Left side
7. located in the right atrium, this node initiates impulse for heart rate; "the pacemaker of the heart" G. Left Side
8. the larger, inferior chambers of the heart; pump blood out H. Stroke volume
9. the ventricle responsible for pumping deoxygenated blood to lungs I. VO<sub>2</sub>
10. the ventricle responsible for pumping oxygenated blood to the body J. Right side
11. these carry blood away from the heart K. Secondary
12. these transport blood back to the heart L. Cardiovascular
13. small branches of arteries; end in capillaries M. Heart rate
14. smallest blood vessels; site of gas, chemical and water exchange N. Arteries
15. very small veins; connect capillaries to larger veins O. Atria
16. the amount of blood pumped with each contraction P. Sinoatrial (SA)
17. the rate at which the heart pumps; average untrained adult 70-80 bpm Q. Right Side
18. volume of blood pumped per minute; heart rate x stroke volume R. Venules
19. lungs and respiratory passageways; bring in oxygen and removes CO<sub>2</sub> S. intercostals, abdominals
20. the act of contracting inspiratory muscles to move air into the lungs T. Cardiac output
21. inspiratory muscles consisting of diaphragm and external intercostals U. Respiratory System
22. inspiratory muscles comprised of scalenes, pectoralis minor and sternocleidomastoid V. Expiration

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| 23. relaxing inspiratory muscles (passive) contracting expiratory muscles (active) to move air out | W. inspiration              |
| 24. expiratory muscles                                                                             | X. Capillaries              |
| 25. resting oxygen consumption                                                                     | Y. Cardiorespiratory system |
| 26. maximal oxygen consumption                                                                     | Z. Primary                  |