

Cardiovascular System



Chambers of the Heart:

1. **Right Atrium** - carries deoxygenated blood from the body via superior and inferior vena cava.
2. **Left Atrium** - carries oxygenated blood from the pulmonary veins.
3. **Right Ventricle** - carries blood from the right atrium and pumps it to the lungs through the pulmonary artery.
4. **Left Ventricle** - carries blood from the left atrium and pumps it into the systemic circuit through the aorta.

Valves of the Heart:

1. **Tricuspid Valve** - located on the right side of the heart.
2. **Mitral / Bicuspid Valve** - located on the left side of the heart.
3. **Pulmonic Valve** - between the right ventricle and pulmonary artery.
4. **Aortic Valve** - between the left ventricle and the aorta.

3 Layers of the Heart:

1. **Epicardium** - the outermost layer of the heart.
2. **Myocardium** - the middle layer of the heart, the contracting muscle.
3. **Endocardium** - innermost layer of the heart, lines the inner chambers and the valves.



The Heart:

It is a cone-shaped organ in the mediastinal space. Which pumps oxygenated blood into the arterial system to supply capillaries and tissue. It pumps poor oxygenated blood from the venous system through the lungs to be reoxygenated. The heart is encased in a pericardial sac, which protects it, lubes and holds about 10-20 ml of pericardial fluid. The sac has 2 layers:

1. **Parietal pericardium** - outer membrane.
 2. **Visceral pericardium** - inner membrane.
- The function of circulation is to deliver nutrients, oxygen, hormones

Blood Flow through the heart:

1. Blood enters the heart from the body through the superior and inferior vena cava and enters the right atrium.
2. Blood then moves through the tricuspid valve into the right ventricle chamber of the heart.
3. Then the blood moves through the pulmonary valve into the pulmonary artery.
4. The blood re-enters the heart from the lungs through the pulmonary veins, and travel into the left atrium.
5. The blood then passes through the mitral valve and into the left ventricle chamber of the heart.
6. The blood then moves through the aortic valve and into the aorta.

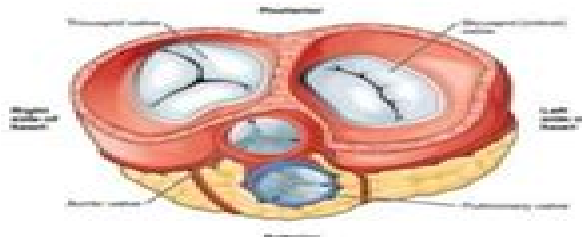
Electrical conduction of the heart:

SA Node: 1st pacemaker of the heart and initiates contraction at 60-100 bpm.

AV Node: 2nd pacemaker of the heart that receives impulses from the SA node initiates and sustains impulses at 40-60 bpm.

Bundle of His: It is the continuation of the AV node and branches into the bundle of his branches which goes into the purkinje fibers.

Purkinje fibers: network of conducting stands beneath the ventricular endocardium. They can act as a pacemaker when the SA and AV fail as pacemakers. It can sustain 20-40 bpm.



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BM King



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Wilmore, David L. Costill, 2015-05-19 Please note This text was replaced with a seventh edition This version is available only for courses using the sixth edition and will be discontinued at the end of the semester Physiology of Sport and Exercise Sixth Edition With Web Study Guide frames research findings in physiology in a reader friendly format making this textbook a favorite of instructors and students alike This resource offers a simple way for students to develop an understanding of the body's abilities to perform various types and intensities of exercise and sport to adapt to stressful situations and to improve its physiological capacities Written by a team of distinguished researchers all past presidents of the American College of Sports Medicine this updated sixth edition has been enhanced with new elements to facilitate learning comprehension The redesigned photos illustrations and medical artwork of the fifth edition that clarified difficult concepts and illustrated how the body performs are now complemented by new digital components Seven animations have been added bringing the total to 25 and providing a dynamic way to experience course material The 60 audio clips provide explanations of complex physiological processes to aid students understanding of important illustrations in the text and approximately 20 video clips from leaders in the field discuss recent developments and real world applications to help students connect theoretical and practical concepts Corresponding icons throughout the text notify students when digital elements are available to complement the materials In addition to the improved digital components Physiology of Sport and Exercise Sixth Edition features new and updated content based on the latest research in the field Updated information on high intensity interval training HIIT interactions between resistance training and diet and the relationship between protein intake and muscle synthesis A reorganized chapter on ergogenic aids and a clearer organization of prohibited versus legal substances Extensively revised chapters on physical activity and disease including updated treatment guidelines and understandings of metabolism and disease processes New information on the health effects of prolonged sitting as well as osteoporosis bone health and effects of exercise during menopause A series of 76 Research Perspectives emphasizing new and emerging findings in the field Ease of reading has been the cornerstone of this popular text The sixth edition of Physiology of Sport and Exercise continues to offer comprehensive coverage of the complex relationship between human physiology and exercise while maintaining an engaging and student friendly tone Unique learning features allow students to build their knowledge as they discover the depth and breadth of this fascinating field of study The book's accessible layout including chapter opening outlines and review boxes throughout each chapter will help students focus on the major concepts addressed Study questions and a list of key terms at the end of the chapter increase students opportunities for recall and self testing A comprehensive glossary and lists of common abbreviations and conversions provide easy reference for students as they complete labs and assignments To expand the material and provide an enriched learning experience both students and instructors can take advantage of the web based ancillaries that accompany the text In addition to new animations videos and audio clips the web study guide includes comprehension quizzes to provide immediate feedback to students on their knowledge retention as well

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Essential Medical Terminology Peggy S. Stanfield, Peggy Stanfield, Yiu H. Hui, 1996 This popular introduction to medical terminology is flexible enough to be used in a traditional or a self instructional course format The level of detail is appropriate for those students needing only a general knowledge of medical terminology particularly medical secretaries medical technologists medical librarians and persons in all allied and paramedical health professions After studying the basics of pronunciation students can study the chapters in any order the instructor deems appropriate The text has been thoughtfully revised based on the feedback of many adopters The result is a more streamlined presentation with enhanced student learning aids Organizational changes include the following all general word parts are grouped together in Unit One a review chapter on root words is provided in Unit Four immediately before the body systems the coverage of body systems in Unit Five closely parallels the content of earlier chapters and an overview of each body system is included at the beginning of the chapters in Unit Five

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