

Video worksheet

Circulatory system

Before completing this worksheet, watch the related video on your obook assess.

1 What is the myocardium?

2 What are the four chambers of the heart called?

3 Fill in the blanks.

De-oxygenated blood from around the body enters the _____ first. It then flows into the _____, where it is pushed from the heart to the _____ where it receives _____. This oxygenated blood flows from the _____ to the _____, and then into the _____. From here, it is pushed through the _____ and flows all around the body.

4 How many times per minute does the average human heart beat?

5 Why does your heart rate increase during exercise?

- 6 a After watching the video, try to locate your pulse by placing your fingers either on your wrist or on your neck, under your jawline. If you do this correctly, you should be able to feel how often your heart is beating. Count the number of beats you feel in 60 seconds. How many were there? Look back at your answer to Question 4. Is your heart beating more quickly or more slowly than the average person?

- b As you do certain activities, your heart rate will increase or decrease. List the following activities in order from the one that causes the lowest heart rate to the one that causes the highest heart rate.

Walking Swimming Reading a book while sitting Holding your breath
Riding a bicycle at half speed Jogging Running as fast as you can

- 7 Use the internet to find out more about electrocardiograms. Draw a diagram showing what you think an electrocardiogram would look like for the following people.

- a Someone resting

- b Someone who has been jogging for fifteen minutes

- c Someone who has just sprinted 100 metres