

HEART AND CIRCULATION PATHFINDER HONOR
Southern New England Conference
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1. Describe the basic function of the following parts of the circulatory system:

- a. Heart: _____

- b. blood vessels: _____

- c. Blood: _____

- d. Lungs: _____

2. Describe the major difference between:

- a. arteries: _____
- b. veins: _____

What is a capillary and what is its function? _____

3. Identify two locations for measuring your pulse. Demonstrate your ability to accurately take someone's pulse.

4. Record your resting pulse rate, then exercise strenuously (ie jog, swim laps, climb stairs, etc.) for 10 minutes. Retake our pulse immediately after exercising, and then again after five minutes. Do this each day for one week recording your results on a chart or a graph. Did the exercise effect your heart rate?

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

5. Make a simple stethoscope and listen to someone's heart beat. (Click below for ideas)

<https://www.fantasticfunandlearning.com/diy-stethoscope-tutorialscience-experiment-for-kids.html>

<https://www.wikihow.com/Make-a-Homemade-Stethoscope>

6. List at least five things you can do to keep your heart healthy. Put these into practice if you have not been doing so already.

7. What is cholesterol and how is it related to arteriosclerosis?

8. What is a heart attack and what are its symptoms? How can CPR help?

9. What is an ECG and how is it used by a doctor?
