

- ➡ Valves in the heart open and close to allow blood to pass through
- ➡ Valves prevent the back-flow of blood



Vasodilation  
↓  
Blood vessels become wider, increasing the amount of blood that is delivered to active areas

Dilate = Diameter Increases

Vasoconstriction  
↓  
Blood vessels become narrower, restricting the amount of blood that is delivered to inactive areas

Constrict = Diameter Decreases

## PE COMPONENT 1 - CV SYSTEM

- Arteries carry blood at high pressure
- Veins carry blood at low pressure

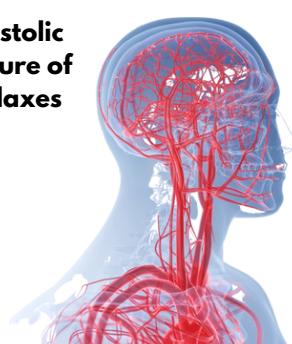


### Average Blood Pressure

This number refers to systolic blood pressure; The pressure of the blood as the heart contracts

130/  
85

This number refers to diastolic blood pressure; The pressure of the blood as the heart relaxes



#### Heart Rate



The amount of times the heart beats each minute

#### Stroke Volume



The amount of blood that is ejected from the heart each beat

#### Cardiac Output



Heart Rate x Stroke Volume – The amount of blood that is ejected from the heart each minute

#### Anticipatory Rise



An increase in heart rate that typically occurs just before an activity is to be undertaken

