

Key terms

Key Word	Definition
Circulatory system	The body's transport system that consists of the lungs, heart, blood vessels and blood
Blood	A liquid containing four components: plasma, red blood cells, white blood cells and platelets, each with a specific function
Haemoglobin	A dark red chemical responsible for transporting oxygen in the blood
Oxyhaemoglobin	A dark red chemical responsible for transporting oxygen in the blood
Blood vessels	A bright red chemical formed when haemoglobin combines with oxygen, resulting in oxygenated blood
Double circulation	The heart has a double pump and circulation
Pulmonary circuit	(right side) pumps blood to the lungs and back to the heart
Systemic circuit	(left side) pumps blood to the body and back to the heart
Heart	A muscular organ that expands as it fills with blood and contracts to force blood away through the arteries; the blood returns through the veins to the heart
Cardiovascular fitness	The ability to exercise continuously for extended periods without tiring, often referred to as <i>stamina</i>
Heart rate	Measures the heart beats per minute (bpm) when the ventricles are contracting.
Stroke volume	The volume of blood pumped out of the heart by each ventricle in one beat
Cardiac output	The amount of blood expelled from the heart each minute; it is usually expressed in litres per minute