

Sports Science Test 3 Student Guide

Pulmonary System & Circulatory System

The Heart:

- Know the anatomy of the heart
- Names and functions of diseases or disorders, effects of the diseases or disorders, and cures or maintenance
- Capillaries, veins, arteries
- Know how it functions (left and right sides, function of different parts, heartbeats, etc.)

Circulatory System:

- Know the different parts and what role they play
- Blood - composition of blood, what its functions are, how it travels around the body
- Blood pressure
- Blood doping
- How Oxygen and Carbon Dioxide move through the body

Respiratory/Pulmonary System:

- Anatomy
 - Names and functions of diseases or disorders, effects of the diseases or disorders, and cures or maintenance
 - The path that air takes when we breathe
 - How oxygen gets into the bloodstream
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- Effects of high or low altitude on training for and playing sports