

Blood Cell Basics and Circulatory System Vocabulary

blood	circulates in body to sustain life
cholesterol	found in animal tissues, too much can lead to heart disease
red blood cells	carries oxygen to your body
white blood cells	fight off infections and diseases
platelets	smallest blood cells to help form clots if you have an injury
plasma	contains blood's proteins, suspends blood cells
aerobic exercise	exercise that increases the need for oxygen
anaerobic exercise	exercise that builds muscles through tension
aorta	part of the heart, circulates blood from the heart to all of the body (except the lungs)
arteries	blood vessel that carries blood away from the heart
atrium	two upper chambers on each side of the heart, receives blood from veins and forces blood into ventricles
blood	a fluid that circulates throughout the body
blood vessels	any of the vessels (arteries, veins, capillaries) through which the blood circulates
capillaries	small blood vessels between the ending of the arteries and the beginning of the veins
cardiac	relating to the heart
circulation	flowing (such as the flow of blood throughout the body)
heart	organ (consisting of four chambers) that circulates blood, divided into four chambers (valves)
heart rate	number of heartbeats in one minute

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plasma	liquid part of the blood
pulmonary artery	transports blood from the heart to the lungs
pulse	regular throbbing of arteries caused by heart contractions
red blood cells	blood cells constantly traveling through your body delivering oxygen and removing waste
veins	blood vessels that carry blood toward the heart
ventricles	located in the heart, left and right, pumps blood to the entire body
white blood cells	blood cells that help protect the body from disease