Cheatography

The Circulatory and Respiratory Systems Cheat Sheet by Pokemon10109 via cheatography.com/79778/cs/19304/

Functions	
The	The Circulatory
Respir-	
atory	
To get	To transport
oxygen	nutrients,
into the	oxygen and
body and	other products
to remove	as well as
Carbon	dispose of
Dioxide out	wastes like
of the	Carbon Dioxide
body.	

Key Terms	
Oxygen Debt:	Heart
Shortfall of oxygen	rate:
to the body after	The
maximal effort/	amount
anaerobic	of beats
exercise, resulting	per
in deep and	minute.
shallow breathing	
(Running short	
distance, very fast,	
once you stop you	
breath heavily to	
gather more	
oxygen.)	
Vital Capacity: The	Stroke
maximum amount	Volume:
of air that can be	The
forcibly exhaled	amount

Key Terms (cont)	
Tidal Volume:	Cardiac Output: The
Amount of air	amount of blood
breathed in and	pumped by the heart
or out at rest.	in one minute
	To get Cardiac
	Output: Stroke
	volume TIMES (X)
	Heart rate,

Breathing 10	01	
Mechanism of breathing	What happens when we breath in?	What happens when we breath out?
Lungs are not muscles therefore they can't move on their own accord. They are helped by the diaphragm and the intercostal muscles between the ribs.	INSPIR- ATION HAPPENS	EXPIRATION HAPPENS
	Our	Our

diaphragm

pulls down

Breathing 101 (cont)	
Our interc-	Our intercostal
ostal	muscles relax
muscles	and the pressure
contract	increases in our
as air	lungs as the air
pressure	is forced out
is reduced	(releasing the air
(to make	like squeezing a
room for	balloon)
all the new	
air)	
Air is	Our chest then
sucked	becomes
through	smaller (as all
the tubes	the cirio cono

Air is	Our chest then
sucked	becomes
through	smaller (as all
the tubes	the air is gone
into the	now)
lungs	
Our chast than expands (as	

Our chest then expends (as air is in it now)

Parts of Systen	ns
Respiratory	Circulatory
3 parts	3 parts
Diaphragm,	Blood,
Lungs, Air	Heart,
Passageways	Blood
	Vessels



after breathing in

as much as

possible.

By Pokemon10109

of blood

pumped

by the heart in one beat.

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diaphragm

relaxes

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