Chapter 37

Circulatory and Respiratory Systems

Section 37–1 The Circulatory System (pages 943–950)

This section describes the circulatory system and its functions.

Functions of the Circulatory System (page 943)

1. Why do large organisms require a circulatory system? 

2. What is a closed circulatory system? 

3. List the three components of the circulatory system.
   a.  
   b.  
   c.  

The Heart (pages 944–946)

4. Is the following sentence true or false? The heart is composed almost entirely of muscle. 

5. Match each heart structure with its description.
   Structure   Description
   ______ 5. pericardium  a. Thick layer of muscle in the walls of the heart
   ______ 6. myocardium  b. Sac of tissue that encloses and protects the heart
   ______ 7. atrium  c. Upper chamber of the heart
   ______ 8. ventricle  d. Lower chamber of the heart

9. The heart pumps about  times per minute.

10. Dividing the right side of the heart from the left side is a wall called a(an) .

11. Is the following sentence true or false? The heart functions as four separate pumps. 

12. Complete the compare/contrast table.

<table>
<thead>
<tr>
<th>THE CIRCULATORY SYSTEM</th>
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</thead>
<tbody>
<tr>
<td>Name of Circulatory Pathway</td>
</tr>
<tr>
<td>Pulmonary circulation</td>
</tr>
</tbody>
</table>

13. What happens to blood when it reaches the lungs? 

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Chapter 37, Circulatory and Respiratory Systems (continued)

14. Why is the blood that enters the heart from the systemic circulation oxygen-poor? 

15. Circle the letter of each sentence that is true about blood flow through the heart.
   a. Blood enters the heart through the right and left atria.
   b. Blood enters the heart through the right and left ventricles.
   c. Blood flows from the ventricles to the atria.
   d. Blood flows out of the heart through the right and left atria.

16. Flaps of connective tissue called ______________ prevent blood from flowing backward in the heart.

17. Each heart contraction begins in a small group of cardiac muscle cells called the ______________ node.

18. Cells that set the pace for the beating of the heart as a whole are called the ______________.

Blood Vessels (pages 946–947)

19. Complete the concept map.

   Types of Blood Vessels
   are

   [Diagrams of blood vessels]

20. Circle the letter of each sentence that is true about arteries.
   a. Most carry oxygen-poor blood.
   b. They can expand under pressure.
   c. They have thin walls.
   d. The largest is the aorta.

21. Is the following sentence true or false? The smallest of the blood vessels are the capillaries. ______________

22. What work is done in the capillaries? ______________

23. What keeps blood flowing toward the heart in the largest veins? ______________
**Blood Pressure** (pages 948–949)

24. The force of blood on the walls of arteries is known as _____________.

25. Is the following sentence true or false? Blood pressure increases when the heart relaxes. _____________.

*Match each type of blood pressure with the force it measures.*

<table>
<thead>
<tr>
<th>Type of Pressure</th>
<th>Force It Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>______ 26. systolic</td>
<td>a. Force of the blood when the ventricles relax</td>
</tr>
<tr>
<td>______ 27. diastolic</td>
<td>b. Force of the blood when the ventricles contract</td>
</tr>
</tbody>
</table>

28. Is the following sentence true or false? An average adult’s blood pressure is 140/80. _____________.

29. How does the autonomic nervous system regulate blood pressure?

30. How do the kidneys regulate blood pressure?

**Disorders of the Circulatory System** (pages 949–950)

31. A condition in which fatty deposits build up on the walls of arteries is called _______________.

32. High blood pressure also is called _______________.

33. Is the following sentence true or false? High blood pressure increases the risk of heart attack and stroke. _____________.

34. Circle the letter of each sentence that is true about heart attack.
   a. It is caused by atherosclerosis in the coronary arteries.
   b. It occurs when part of the heart muscle begins to die.
   c. Its symptoms include nausea and chest pain.
   d. It requires immediate medical attention.

35. Is the following sentence true or false? A stroke may be caused by a clot in a blood vessel leading to the brain. _____________.

36. List the four keys to avoiding cardiovascular disorders.
   a. __________________________
   b. __________________________
   c. __________________________
   d. __________________________
Chapter 37, Circulatory and Respiratory Systems (continued)

Section 37–2 Blood and the Lymphatic System (pages 951–955)

This section describes the functions of the different components of blood. It also outlines the role of the lymphatic system.

Blood Plasma (page 951)

1. The straw-colored fluid portion of blood is called

2. Circle the letter of each sentence that is true about plasma.
   a. It makes up 90 percent of the volume of blood.
   b. It is about 55 percent water.
   c. It contains only dissolved gases and salts.
   d. It contains both nutrients and enzymes.

Match each type of plasma protein with its function.

<table>
<thead>
<tr>
<th>Type of Protein</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. albumin</td>
<td>a. Helps blood clot</td>
</tr>
<tr>
<td>4. globulin</td>
<td>b. Transports substances</td>
</tr>
<tr>
<td>5. fibrinogen</td>
<td>c. Fights infections</td>
</tr>
</tbody>
</table>

Blood Cells (pages 952–954)

6. List the three types of blood cells.
   a. ____________________  b. ____________________  c. ____________________

7. Circle the letter of each sentence that is true about red blood cells.
   a. They are the least numerous cells in the blood.
   b. Their role is to transport oxygen.
   c. They contain hemoglobin.
   d. They are produced in the bone marrow.

8. Is the following sentence true or false? Mature red blood cells have two nuclei. _________________

9. Circle the letter of each sentence that is true about white blood cells.
   a. They contain a nucleus.
   b. They attack foreign substances.
   c. They contain hemoglobin.
   d. They are also called leukocytes.

10. Is the following sentence true or false? Most white blood cells live for an average of 120 days. _________________

11. White blood cells that engulf and digest foreign cells are called _________________.

Name______________________________ Class __________________ Date ______________

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Match the type of white blood cell with its function.

<table>
<thead>
<tr>
<th>Cell Type</th>
<th>Function</th>
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</thead>
<tbody>
<tr>
<td>12. eosinophils</td>
<td>a. Produce antibodies</td>
</tr>
<tr>
<td>13. basophils</td>
<td>b. Attack parasites</td>
</tr>
<tr>
<td>14. lymphocytes</td>
<td>c. Release histamines</td>
</tr>
</tbody>
</table>

15. What does a sudden increase in the number of white cells tell a physician?  

16. List the two components of blood that make clotting possible.
   a. ____________________________  b. ____________________________

17. Number the drawings below to show the correct sequence in which a blood clot forms when a blood vessel is injured.

   ____________  ____________  ____________

18. A genetic disorder that results from a defective protein in the clotting pathway is ________________.

The Lymphatic System (pages 954–955)

19. What is the lymphatic system?  

20. The fluid lost by blood is called ________________.

21. Circle the letter of each choice that is a function of lymph nodes.
   a. Trapping bacteria  b. Helping blood to clot  c. Preventing backward flow of lymph  d. Producing lymphocytes

Reading Skill Practice

When you read a section with difficult material, writing a summary can help you identify and remember the main ideas and supporting details. Write a concise paragraph summing up the material under each heading in Section 37–2. Each of your paragraphs should be much shorter than the text under that heading in your book. Include each of the boldfaced vocabulary terms in your summary. Do your work on a separate sheet of paper.
Section 37–3  The Respiratory System  (pages 956–963)
This section identifies the structures of the respiratory system and explains how we breathe. It also describes how smoking affects the respiratory system.

What Is Respiration?  (page 956)
1. The process by which oxygen and carbon dioxide are exchanged between cells, the blood, and air in the lungs is known as ______________.

The Human Respiratory System  (pages 956–958)
2. What is the basic job performed by the human respiratory system? ______________

3. Label each of the following structures in the drawing of the human respiratory system: nose, pharynx, larynx, trachea, bronchus, and lung.

4. Circle the letter of the choice that lists the respiratory structures from largest to smallest.
   a. Alveoli, bronchioles, bronchi  
   b. Bronchioles, bronchi, alveoli  
   c. Bronchi, bronchioles, alveoli  
   d. Bronchi, alveoli, bronchioles

5. What prevents food from entering your trachea? ____________________________
Match each structure of the respiratory system with its description.

<table>
<thead>
<tr>
<th>Structure</th>
<th>Description</th>
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<tbody>
<tr>
<td>6. pharynx</td>
<td>a. Tiny air sacs where gas exchange occurs</td>
</tr>
<tr>
<td>7. trachea</td>
<td>b. Tiny projections that sweep trapped particles and mucus away from the lungs</td>
</tr>
<tr>
<td>8. cilia</td>
<td>c. Tube that serves as a passageway for both air and food</td>
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<tr>
<td>9. larynx</td>
<td>d. Large passageways in the chest that lead to the lungs</td>
</tr>
<tr>
<td>10. bronchi</td>
<td>e. Structure at the top of the trachea that contains the vocal cords</td>
</tr>
<tr>
<td>11. alveoli</td>
<td>f. Passageway between the pharynx and bronchi</td>
</tr>
</tbody>
</table>

Gas Exchange (page 958)

12. Gas exchange occurs in the _______________.

13. Describe the process of gas exchange. ____________________________________________

14. Circle the letter of each sentence that is true about gas exchange.
   a. It is a very efficient process.
   b. Exhaled air usually contains no oxygen.
   c. The lungs remove about half of the oxygen of inhaled air.
   d. The lungs increase the carbon dioxide content of inhaled air by a factor of 100.

15. Why is hemoglobin needed? ____________________________________________

Breathing (pages 959–960)

16. The movement of air into and out of the lungs is called ________________.

17. The large, flat muscle at the bottom of the chest cavity is the ________________.

18. Is the following sentence true or false? The force that drives air into the lungs comes from air pressure. ________________

19. What happens when you inhale? ____________________________________________

20. Circle the letter of the choice that describes what happens when pressure in the chest cavity becomes greater than atmospheric pressure.
   a. Air rushes into the lungs.  c. The diaphragm contracts.
   b. Air cannot escape from the lungs.  d. Air rushes out of the lungs.
How Breathing Is Controlled (pages 960–961)
21. The brain controls breathing in a center located in the __________. 
22. Is the following sentence true or false? Cells in the breathing center monitor the amount of oxygen in the blood. ________________
23. Why do airplane passengers in emergency situations often have to be told to begin breathing pressurized oxygen? ________________

Tobacco and the Respiratory System (pages 961–963)
24. List three of the most dangerous substances in tobacco smoke. 
   a. ________________  b. ________________  c. ________________
25. Is the following sentence true or false? Nicotine is a stimulant drug that increases pulse rate and blood pressure. ________________
26. Why is carbon monoxide dangerous? ________________
27. List three respiratory diseases caused by smoking. 
   a. ________________  b. ________________  c. ________________
28. Circle the letter of each sentence that is true about chronic bronchitis. 
   a. It is characterized by swollen bronchi. 
   b. It occurs only in heavy smokers. 
   c. It can make stair climbing and similar activities difficult. 
   d. It is unrelated to smoking.
29. What is emphysema? ________________
30. Circle the letter of each sentence that is true about lung cancer. 
   a. Its most important cause is smoking. 
   b. It is often deadly. 
   c. It cannot spread to other parts of the body. 
   d. It is usually detected early enough for a cure.
31. Circle the letter of each way that smoking affects the cardiovascular system. 
   a. It constricts the blood vessels. 
   b. It causes blood pressure to rise. 
   c. It makes the heart work harder. 
   d. It causes heart disease.
32. Inhaling the smoke of others is called __________________.
33. Why is passive smoking particularly harmful to young children? __________________
34. Why is it so hard to quit smoking? __________________
35. What is the best solution for dealing with tobacco? __________________

WordWise

Match each definition in the left column with the correct term in the right column. Then, write the number of each term in the box below on the line under the appropriate letter. When you have filled in all the boxes, add up the numbers in each column, row, and two diagonals. All the sums should be the same.

Definition
A. Fluid lost by the blood into surrounding tissue
B. Thick layer of muscle in walls of heart
C. Stimulant drug in tobacco smoke
D. Passageway leading from the trachea to a lung
E. Protein in red blood cells
F. Small group of heart cells that set the pace for the heartbeat
G. Lower chamber of the heart
H. Disease in which tissues of the lungs lose elasticity
I. Condition in which fatty deposits build up on the walls of arteries

Term
1. myocardium
2. ventricle
3. pacemaker
4. atherosclerosis
5. hemoglobin
6. lymph
7. bronchus
8. nicotine
9. emphysema

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