

## Circulatory system - quiz

This quick health quiz will test your knowledge about the human circulatory system including the heart, blood vessels and blood pressure.

**1. How big is the heart?**

- A. Large enough to fill the entire left side of the chest.
- B. About the size of a clenched fist.
- C. About the size of a golf ball.

**2. The heart is divided into how many chambers?**

- A. Four - two atria and two ventricles.
- B. Five - three atria and two ventricles.
- C. Two - one atrium and one ventricle.

**3. What is the sinus node?**

- A. A special cluster of cells in the right atrium that controls the heart rate.
- B. A small chamber in the heart that collects diseased or damaged blood cells for disposal.
- C. An acupuncture point on the cheekbone that, when pressed, helps to calm a rapid heart rate.

**4. Arteries from the heart deliver blood around the body, but which arteries give the heart its own blood supply?**

- A. Radial and ulnar arteries.
- B. The renal arteries.
- C. The coronary arteries.

**5. What are capillaries?**

- A. The smallest blood vessels of the circulatory system.
- B. The medical name for heart muscle cells.
- C. Small lumps of fatty tissue that can clog blood vessels.

**6. Which blood vessels have muscular walls that help to 'massage' blood along their lengths?**

- A. Capillaries.
- B. Veins.
- C. Arteries.

**7. Which blood vessels contain one-way valves to stop the blood from travelling backwards?**

- A. Capillaries.
- B. Veins.
- C. Arteries.

**8. What is blood pressure?**

- A. The amount of pressure exerted on blood vessel walls as the blood is pumped around.
- B. The ratio of oxygen to carbon dioxide within the blood.
- C. The concentration of red blood cells within the blood.

Calculate score

Your score is:

**Score 0 to 2:**

You need to improve your knowledge!

**Score 3 to 5:**

You have a general idea, but your circulatory system is still a bit of a mystery to you.

**Score 6 to 8:** Congratulations, you show an impressive understanding of the circulatory system.

> Check the correct answers.

**This page has been produced in consultation with, and approved by:**

Baker IDI Heart and Diabetes Institute

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