

Aorta - Main artery leaving the heart.

Arteriole – A small artery linking to the capillaries.

Artery - Blood vessel carrying oxygenated blood away from the heart.

Atrium (plural Atria) – Upper chamber(s) of the heart.

Blood Pressure - Force exerted by circulating blood against the walls of the arteries as the heart pumps blood around the body.

Capillary - Tiny blood vessel where oxygen, nutrients and waste products are exchanged between the blood and body tissues.

Cardiac Cycle - Sequence of events in one complete heartbeat, including the contraction and relaxation of the heart chambers to pump blood.

Cardiac Output – Amount of blood pumped by the heart per minute.

Cardiovascular system - The heart, blood and blood vessels working together.

Diastole – Phase of the cardiac cycle when the heart muscles relax, allowing the chambers to fill with blood.

Diastolic Pressure - Pressure in the arteries when the heart is relaxed and filling with blood between beats.

Heart Rate (pulse rate) - Number of times the heart beats in a minute.

Hypertension – A condition in which blood pressure is consistently higher than normal, increasing the risk of heart and circulatory problems.

Hypotension – A condition in which blood pressure is abnormally low, which may reduce blood flow to the brain and cause dizziness or fainting.

Orthostatic Hypotension - A drop in blood pressure that occurs when moving from lying or sitting to standing, which can cause dizziness or light-headedness due to reduced blood flow to the brain.

Oxygenation - The process of supplying oxygen to the blood and body tissues to support cellular energy production.

Peripheral Circulation – Blood flow to hands and feet.

Pulmonary Circulation - Blood flow between heart and lungs.

Sinoatrial (SA) Node – Area of specialised cells in the wall of the right atrium that acts as the heart’s pacemaker.

Stroke Volume – The amount of blood pumped per heartbeat.

Systemic Circulation - Blood flow between heart and rest of body.

Systole – Phase of the cardiac cycle when the heart muscles contract to pump blood out of the chambers.

Systolic Pressure - Pressure in the arteries when the heart contracts to pump blood out to the body.

Vein - Blood vessel returning deoxygenated blood to the heart.

Venule – A small vein linking up to the capillaries

Vena Cava – Two large veins (Inferior and Superior) returning deoxygenated blood into the heart.

Vasoconstriction – Blood vessels narrow.

Vasodilation – Blood vessels widen.

Ventricle(s) – Lower chamber(s) of the heart.

Venus Return - Blood flow back to the right atrium from the rest of the body.

