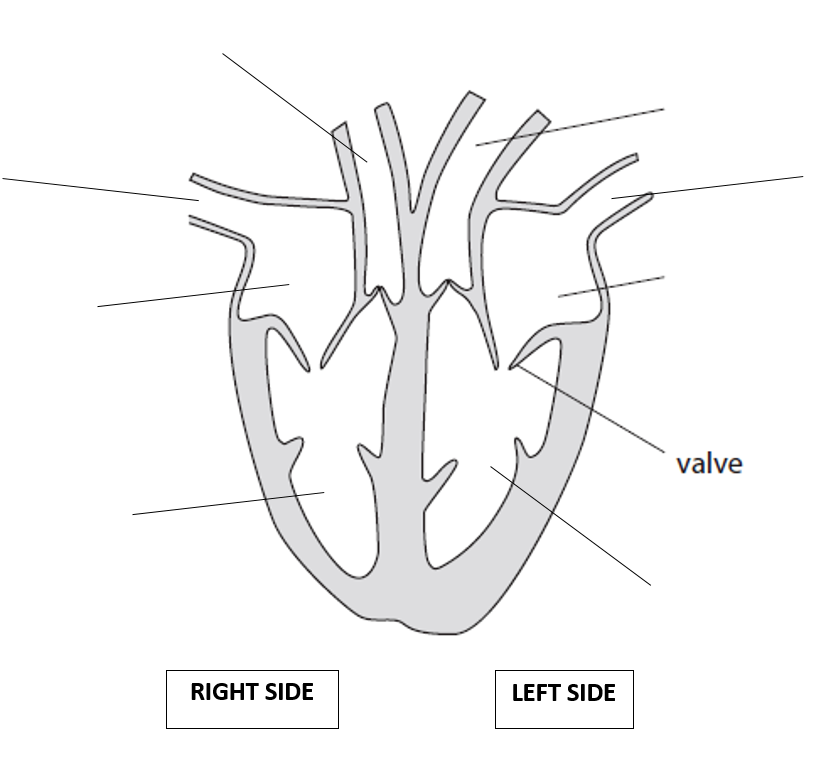
**CB8 Revision Mat**

The Heart

Label the structures of the heart

Blood

Describe the role of lymphocytes

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Describe the role of phagocytes

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Describe the role of erythrocytes

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Describe the role of platelets

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The circulatory system

List the components in the circulatory system

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Describe the role of each component in the circulatory system

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Describe how arteries are adapted to their function

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Describe how veins are adapted to their function

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Explain the role of valves in veins

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Explain how erythrocytes are adapted to their function

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Efficient transport and exchange

Identify substances that need to be exchanged in the body

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Name the process by which substances are exchanged by

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Explain how capillaries are adapted to allow for fast exchange of substances

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Describe how surface area to volume ratio is linked to rate of exchange

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Describe how to calculate surface area to volume ratio

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Explain how the alveoli are adapted for efficient gas exchange

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Cellular respiration continued

Explain why aerobic and anaerobic respiration is an exothermic process

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Describe how lactic acid concentrations would change during exercise

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Explain why lactic acid concentration in the blood decreases after exercise has finished

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Describe the effect of temperature on the rate of respiration

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Explain the effect of temperature on the rate of respiration

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Cellular respiration

State the equation for aerobic respiration

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State where aerobic respiration happens

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State the equation for anaerobic respiration

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State where anaerobic respiration happens

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Describe the effects of exercise on the body

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Explain the effects of exercise on the body

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Explain why athletes recover faster after exercise than unfit people

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The Heart

Explain how the blood leaving the pulmonary artery is different to the blood leaving the aorta

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Explain why the left side of the heart is thicker than the right side

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State the equation to calculate cardiac output

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Calculate the cardiac output of a heart that pumps out 0.88L of blood 60 times a minute

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Explain why regular exercise increases the cardiac output

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