**Introduction to the heart**

**Task 1**

*1.1*

Use BioDigital Human ([LINK](https://human.biodigital.com/index.html)) to explore the heart. Use the scalpel function to take some parts away if needed

Locate:

* Aorta
* Pulmonary artery
* Pulmonary vein
* Vena Cava
* Right atrium
* Right ventricle
* Left atrium
* Left Ventricle
* Tricuspid valves
* Bicuspid valves

*1.2*

Label the parts from above in this diagram:



*1.3*

Put the parts from 1.1 in order according to the blood flow through the heart. From where it enters until where it leaves it.

1:

2:

3:

4:

5:

6:

7:

8:

9:

10:

**Task 2**

*2.1*

Measure your heart rate (BPM) at this moment and compare it to the average heartrate of people of your age (do some research).

BPM now:

Average BPM:

Conclusion:

*2.2*

Measure your blood pressure and add the systolic and diastolic pressure here below. Compare it to the average pressure of people of your age (do some research).

Systolic pressure now:

Diastolic pressure now:

Average systolic pressure:

Average diastolic pressure:

Conclusion:

**Task 3**

Design a plan for the coming week to measure your heartrate (BPM) in 5 different situations. (sports, exiting movie, exiting event, rest, morning, night, coffee….). Prepare a short explanation for next week’s class on this.