

S T U D E N T H A N D O U T

Student Name: _____

1 Vocabulary

Heart

Stethoscope

Artery

Sphygmomanometer

Vein

Air Release Valve

Capillary

Cardiovascular

Systolic Pressure

Hypertension

Diastolic Pressure

Hypotension

Blood Pressure

Auscultatory

mmHG

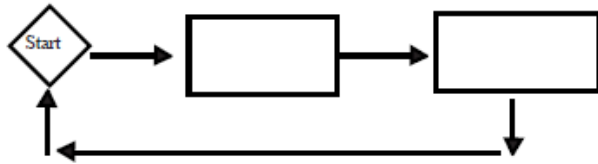


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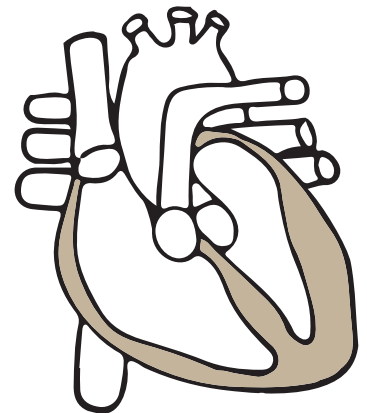
- 2** Write the blood pressure results you took and the name of the “patient.”
- Compare your findings to the normal/ abnormal blood pressure chart on the back of this worksheet.

- 4** Write a paragraph, planning a lifestyle that will encourage a healthy heart and blood pressure.

- 3** Complete the diagram about a cardiac cycle.



- 5** Color in the heart organ.
 Color blue: indicate blood returning to the heart for oxygenation by blood vessels called veins. Color red: indicate oxygenated blood ready for pumping into the body through blood vessels called arteries.



Blood Pressure Chart

(Numbers refer to millimeters of mercury, even though most measuring tools no longer use mercury in them.)

	Systolic	/	Diastolic
Hypotension	<90	/	<60
Normal	90-119	/	60-79
Prehypertension	120-139	/	80-89
Stage 1 Hypertension	140-159	/	90-99
Stage 2 Hypertension	160 +	/	100+

