The Circulatory System

- organ system made up of three parts:
  - blood
  - heart
  - blood vessels

- function of the circulatory system is to move nutrients and gases to all of the cells of the body and to carry wastes through the bloodstream.

Blood

- Blood circulates throughout the entire body and is made up of 4 components:
  - Red blood cells - contain hemoglobin that allows oxygen transport throughout the body
  - White blood cells - infection fighting cells
  - Platelets - help in blood clotting
  - Plasma - protein rich liquid that carries blood cells

Heart

- The heart is made up of:
  - Cardiac Muscle Tissue
  - Nerve Tissue
  - Connective Tissue

- Pumps at a regular beat, the speed of which depends on:
  - Physical Activity
  - Stress
  - Temperature
  - General Health