• Smallest arteries
  • Can control amount of blood flow to different tissues through the use of precapillary sphincters

**Capillaries:**
• Smallest blood vessels with the thinnest walls
• Connect the smallest arterioles with venules
• Thin walls allow for the exchange of materials between blood and cells
• Capillary Beds:
  • Networks of capillaries that supply blood to an area
  • It is possible to close off capillaries and not send blood to the entire area

**Veins and Venules:**
• Carries blood back to the heart
• Have thinner walls and **lager lumens (hollow insides) than arteries**
• Blood pressure is lower in veins
• Blood gets pushed back to the heart with assistance from skeletal muscle movements and valves

**Blood Pressure:**
• Causes blood to exert a force against walls of vessels
• Blood Pressure (BP) is measured and recorded as two numbers:
  • Systole - pressure during ventricular contraction
  • Diastole - pressure during ventricular relaxation