

- 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 larger 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

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