

# BLOOD PRESSURE

(i) **The heart** makes \_\_\_\_\_ beating sounds. The first is called \_\_\_\_\_, and is made by the lower chambers \_\_\_\_\_ and pushing blood at \_\_\_\_\_ pressure into the arteries. The actual sound is caused by the heart valves closing. The second sound is called \_\_\_\_\_ and is made by the \_\_\_\_\_ chambers contracting, pushing blood down into the lower chambers. During exercise these sounds get louder, mainly because of an \_\_\_\_\_ in blood pressure.

(ii) **Blood pressure** is the force exerted by \_\_\_\_\_ on the walls of the \_\_\_\_\_. It increases during exercise because more blood is pumped around the body, increasing pressure on the \_\_\_\_\_.

(iii) **Systolic blood pressure** is the \_\_\_\_\_ pressure the in the arteries when the heart contracts and pushes blood through the \_\_\_\_\_ into the body. It rises during \_\_\_\_\_ or excitement as more blood is required by the body. It falls during sleep when the body is at \_\_\_\_\_.

**Diastolic blood pressure** is the pressure of the blood during the \_\_\_\_\_ phase between heartbeats. It depends on the \_\_\_\_\_ of the arteries and the quality of the \_\_\_\_\_.

Pulse pressure is the difference between \_\_\_\_\_ and \_\_\_\_\_ blood pressures.

(I) Diastole  
Two  
Increase  
Systole  
Upper  
Contracting  
High

(ii) Blood  
Vessels  
Arteries  
Blood

(iii) Activity  
Systolic  
Maximum  
Diastolic  
Aorta  
Rest  
Vessels  
Elasticity  
Relaxation