***Physiology work***

***Questions***

1. What word is used to describe the heart being able to control it’s own contractions/impulses? Myogenic
2. What is the name of the hearts Pacemaker? SA node
3. What 3 receptors can increase/decrease heart rate?

Chemoreceptors, Baroreceptors and Proprioreceptors

1. Which nervous system increases heart rate?the SNS
2. Which nervous system decreases heart rate? PNS
3. Why does the AV Node delay the contraction of the ventricles by 0.1s?

It makes sure that the atria have ejected their blood into the ventricles first before the ventricles contract.

1. What makes up the Cardiac conduction system? SA node, AV node, bundle of His, bundle branches, and Purkinje fibers.

***Research project***

Finally – research the different types of muscle fibre (there are 3), giving a brief bit of information on each (what are they specialised for, what colour are they, features to the muscle fibre) and determine which fibres you are predominantly. Explain why you think you are predominantly that fibre type.