

## LENScience I Love My Heart

### WORKSHEET 5

# Lub Dub

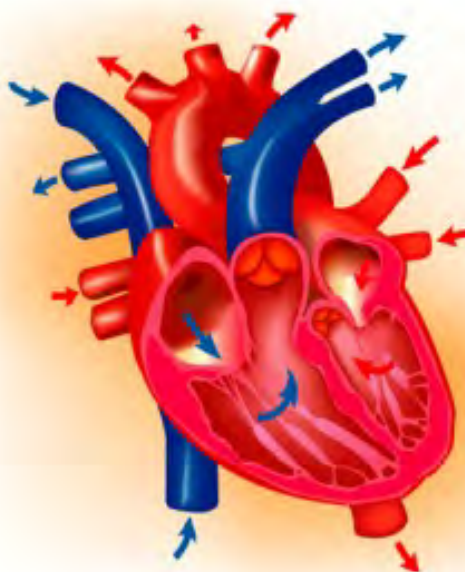
This is the sound that your heart makes as the **VALVES CLOSE**  
Lub caused by the closing of the valves leading to the ventricles.  
Dub caused by the closing of the valves leading out of the heart.

The atria and ventricles work together, alternately contracting and relaxing to pump blood through your heart.

#### Right side

Blood flows from your right atrium into your right ventricle through the **open tricuspid valve**. When the ventricles are full, the tricuspid valve shuts. This prevents blood from flowing backward into the atria while the ventricles contract (squeeze).

Blood leaves the heart through the **pulmonic valve**, into the pulmonary artery and to the lungs.

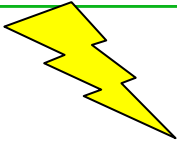


**LABEL ALL THE VALVES YOU CAN SEE ON THE DIAGRAM**

#### Left Side:

Blood flows from your left atrium into your left ventricle through the open **mitral valve or bicuspid valve**. When the ventricles are full, the mitral valve shuts. This prevents blood from flowing backward into the atria while the ventricles contract (squeeze).

Blood leaves the heart through the **aortic valve**, into the aorta and to the body



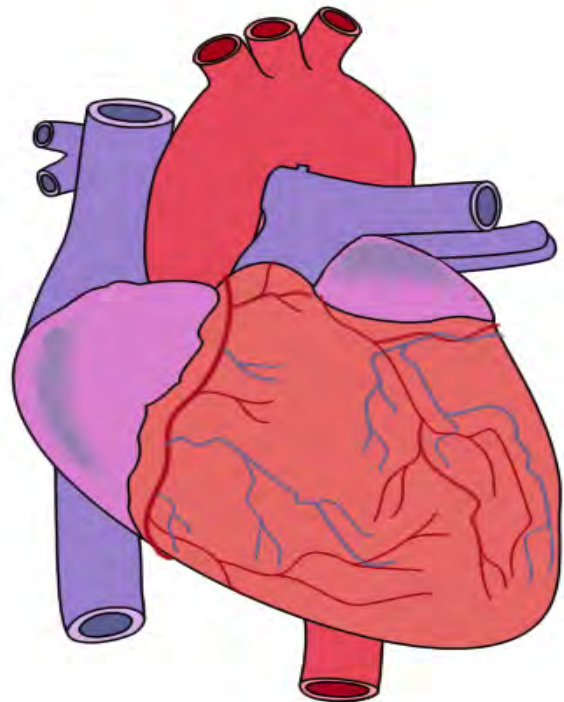
Your heart has an **electrical system** to help it keep pumping **SA node (sinoatrial node)** – known as the heart’s natural pacemaker.

The impulse starts in a small bundle of specialized cells located in the right atrium, called the SA node. The electrical activity spreads through the walls of the atria and causes them to contract - this forces blood into the ventricles.

The ventricles have a **similar node** controlling their contraction.

### EXTERIOR VIEW OF HEART

**LABEL THE APPROXIMATE POSITION OF THE SINO ATRIAL NODE**



The heart also has its own blood supply – the coronary artery. This supplies the heart with oxygenated blood.

**LABEL THE CORONARY ARTERY ON THE DIAGRAM ABOVE**