

# Restart a Heart education resource

## Circulatory system quiz

Complete this quiz to test your knowledge about the circulatory system

1. How much does your heart weigh?

- A. About 100 grams
- B. About 250 grams
- C. About 750 grams

2. What percentage of blood is water?

- A. 22%
- B. 35%
- C. 78%

3. Approximately how many litres of blood do you have in your body?

- A. 5 litres
- B. 3 litres
- C. 7 litres

4. How many times does the average human heart beat in one day?

- A. 100,000 times
- B. 70,000 times
- C. 50,000 times

5. How thick is the largest blood vessel in the body (the aorta)?

- A. As thick as a straw
- B. As thick as a hair
- C. As thick as a garden hose

6. How many chambers does the heart have?

- A. 3
- B. 4
- C. 5

7. Which chambers of the heart are responsible for pumping blood out of the heart?

- A. Atria
- B. Atria and ventricles
- C. Ventricles

**8. What is the name of the structure that separates the chambers of the heart?**

- A. Septum
- B. Chordae tendinae
- C. Papillary muscle

**9. What covers the outside of the heart?**

- A. Peritoneum
- B. Pleura
- C. Pericardium

**10. What is the name of the arteries providing the heart's own blood supply?**

- A. Pericardial arteries
- B. Peroneal arteries
- C. Coronary arteries

**11. Clotting is the function of:**

- A. White blood cells
- B. Platelets
- C. Red blood cells

**12. A person with a low white blood cell count would have difficulty:**

- A. Fighting disease
- B. Breathing
- C. Moving

**13. The heart chamber with the thickest muscular wall is the:**

- A. Left ventricle
- B. Right ventricle
- C. Aorta

**14. What is the name of the blood vessel that carries blood from the heart to the lungs?**

- A. Aorta
- B. Pulmonary artery
- C. Renal artery

**15. The blood vessel with the thinnest wall is the:**

- A. Vein
- B. Capillary
- C. Artery

**Answers**

- 1. B - About 250 grams
- 2. C - 78%
- 3. A - 5 litres
- 4. A - 100,000 times
- 5. C - As thick as a garden hose
- 6. B - 4 chambers
- 7. C - Ventricles
- 8. A - Septum
- 9. C - Pericardium
- 10. C - Coronary arteries
- 11. B - Platelets
- 12. A - Fighting disease
- 13. A - Left ventricle
- 14. B - Pulmonary artery
- 15. B - Capillary