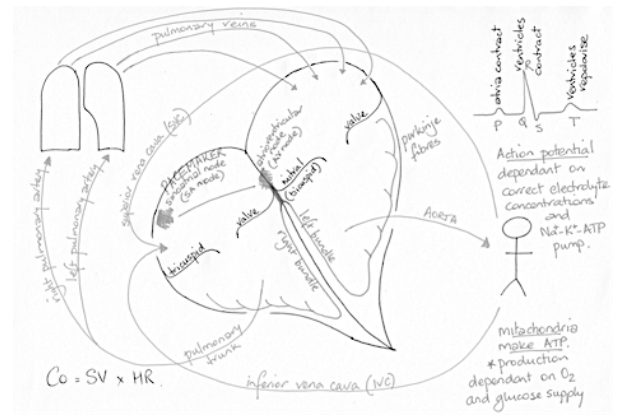


My Cardiovascular Confidence Checklist

brought to you by www.bioscienceessentials2BRN.com



What do you feel confident about?

What do you need to know more about?

Place a tick in the box that most closely indicates how confident you feel with your knowledge of the following topics	Not very confident	Only just confident	Reasonably confident	Very confident	Super confident
Roles of the plasma and cellular components of blood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The structure of the different types of vessels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The pulmonary and systemic circuits of the circulatory system	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart structure including the cardiac vessels, chambers and valves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cardiac function – muscle contraction, diastole, systole	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart function: pacemaker cells and the conduction of electrical signals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conduction system, the normal ECG and what it represents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Effects of sympathetic and parasympathetic stimulation on cardiac muscle cells and heart rate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Haemodynamic measures: hydrostatic pressure, Blood pressure, venous return, mean arterial pressure (MAP) afterload and preload, stroke volume	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your warm up quiz score	
Your check what I learned quiz score	