

Anatomy and Physiology Lecture Notes

Unit 7 – Circulatory System - The Heart

Approximately the size of a person's fist, the hollow, cone-shaped heart weighs less than a pound. The pointed **apex** is pointed toward the left hip and rests on the diaphragm, approximately at the level of the fifth intercostal space. Its broader posterosuperior aspect, the **base**, from which the great vessels of the body emerge, points toward the right shoulder and lies beneath the second rib.



The human heart essentially is two separate hearts enclosed in a membrane

called the **pericardium**. The pericardium surrounds the heart and secretes a fluid that reduces friction as the heart beats. Fibrous tissues in the pericardium protect the heart and anchor it to surrounding structures, such as the diaphragm and sternum.

The heart walls are composed of three layers:

- The **epicardium**, or *visceral pericardium*, is actually part of the pericardium.
- The **myocardium** consists of thick bundles of cardiac muscle, the layer that actually contracts.
- The **endocardium** is a thin, glistening sheet of endothelium that lines the heart chambers and helps blood flow smoothly through the heart. It is continuous with the linings of the blood vessels leaving and entering the heart.

The upper chambers of the heart, **right and left atria (atrium)**, receive blood returning to the heart. As a rule, they are not important in the pumping activity of the heart. Blood flows into the atria under low pressure from the veins and then continues on to fill the ventricles.

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