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## The vascular shunt

Where do we want the blood to go to when we exercise, and why?

Sue Young takes you through the key study area of the vascular shunt, a regular topic for exam questions.

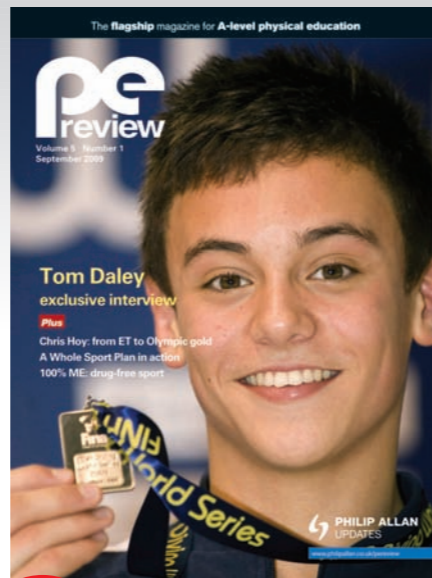


**Key terms**  
**Heart rate** - the number of times the heart beats per minute.  
**Stroke volume** - the volume of blood pumped out of the heart in one contraction.  
**Cardiac output** - the volume of blood pumped out of the heart in one minute.  
**Arterioles** - small blood vessels that branch off from the arteries.  
**Venules** - small blood vessels that branch off from the veins.  
**Capillaries** - the smallest blood vessels, where exchange of substances takes place.  
**Arteriovenous shunt** - a direct connection between an artery and a vein, bypassing the capillaries.

**Table 1: The distribution of cardiac output at rest and during exercise**

Destination	Rest (l min <sup>-1</sup> )	During exercise (l min <sup>-1</sup> )
Brain	1.2	1.2
Heart	1.2	1.2
Liver	1.2	1.2
Intestines	1.2	1.2
Other organs	1.2	1.2
Muscles	1.2	12.0
<b>Total</b>	<b>6.0</b>	<b>20.0</b>

**Figure 1: Location of the vascular shunt**

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