Physio Facts

1. Giraffes have exceptionally high blood pressure (hypertension) by human standards. A giraffe’s heart must pump at a higher pressure than a human heart to allow blood to travel against gravity all the way to the brain, nearly 15 feet in the air!

2. Goosebumps are the result of tiny muscles in the skin called arrector pili muscles, which respond to heat, touch, air and emotions.

3. You can eat a meal even when you are standing on your head due to peristalsis, the wavelike contraction of the esophagus.

4. Each of your lungs contains about 300 million balloon-like structures called alveoli, which replace the carbon-dioxide waste in your blood with oxygen. When these structures are filled with air, the lungs become the only organs in the human body that can float on water.

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5. Your kidneys filter the total blood supply of our body about once every five minutes. They filter two gallons of blood an hour and about 200 quarts of blood every day!

6. It is possible for your nose and your brain to identify and remember 50,000 different scents.

7. The liver is the only internal organ that can grow back if removed or damaged!

8. Resting heart rate is inversely related to the size of the creature. A huge blue whale has a resting heart rate of about 5 beats per minute whereas a tiny shrew has a heart rate of over 1,000 beats per minute. Humans have a resting heart rate around 65 beats per minute.

9. The muscles of the eye are the fastest moving muscles in the body. They can contract in less than 1/100th of a second.

10. The largest organ in the body is the skin. In addition to protection, the skin also helps with temperature regulation and has receptors that allow you to feel things.

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