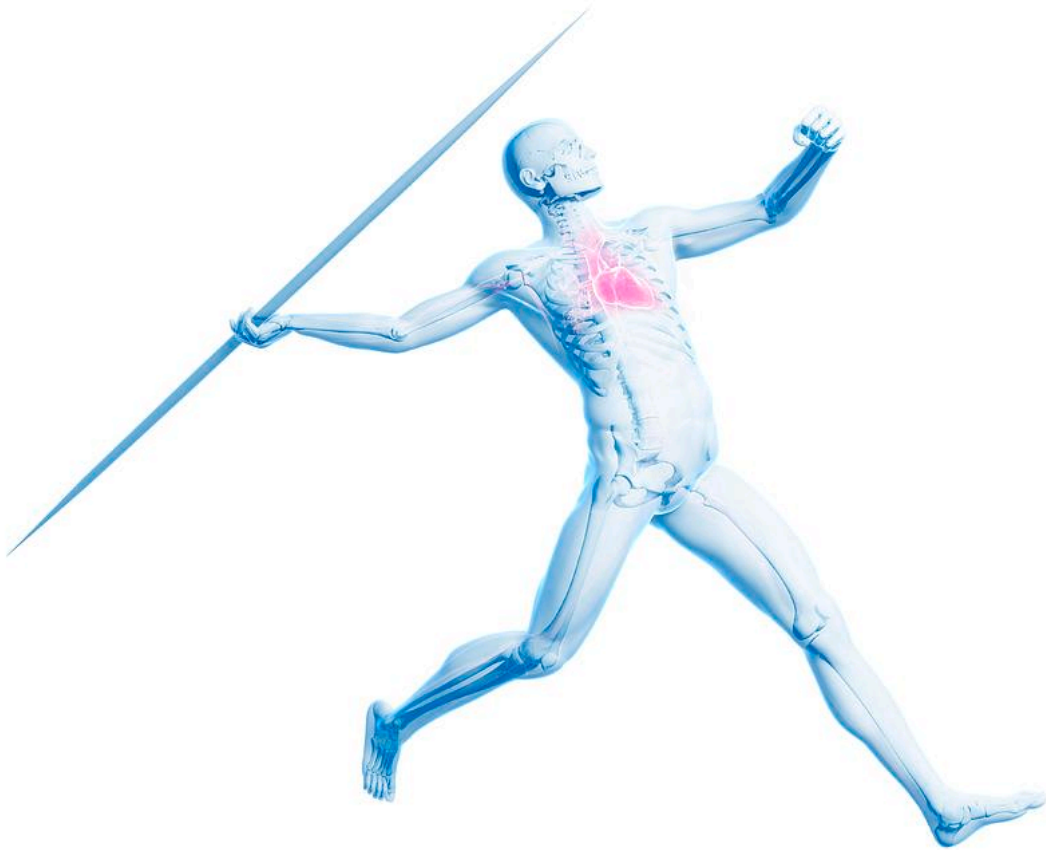


Unit 1: Anatomy and Physiology

Transition work – week 4

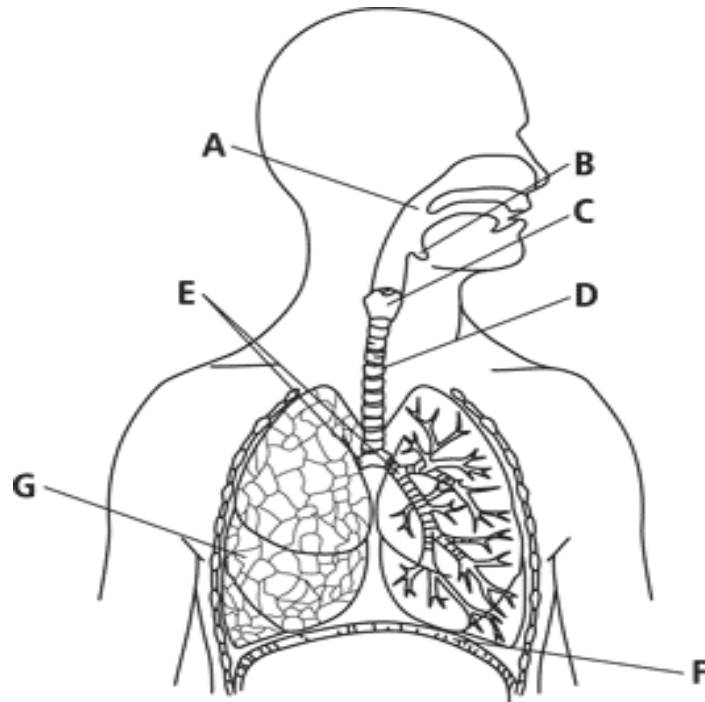


Name: _____

Section C – The effects of exercise and sports performance on the Respiratory system

Structure of the Respiratory System

TASK: Label the main structures of the respiratory system (You might have to add lines)



<i>Nasal Cavity</i>	<i>Epiglottis</i>	<i>Trachea</i>	<i>Ribs</i>	<i>Intercostal Muscles</i>	<i>Alveoli</i>
<i>Bronchioles</i>	<i>Pleural membrane</i>	<i>Pharynx</i>	<i>Larynx</i>	<i>Bronchi</i>	<i>Diaphragm</i>

Mechanisms of Breathing

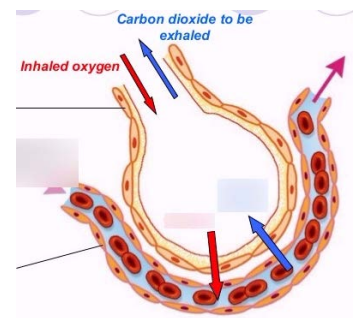
TASK: Describe in simple steps the mechanisms of inspiration and expiration

Inspiration	Expiration

Gaseous Exchange

1. *What is gaseous exchange?*
2. *How does gaseous exchange occur?*
3. *Where does gaseous exchange occur in the body?*
4. *How do the structures involved in gaseous exchange aid their function?*

TASK: Using the diagram describe the process of gaseous exchange at the lungs



Explain how **exercise** would affect gas exchange at the alveoli

Oxygen.....

Carbon dioxide.....

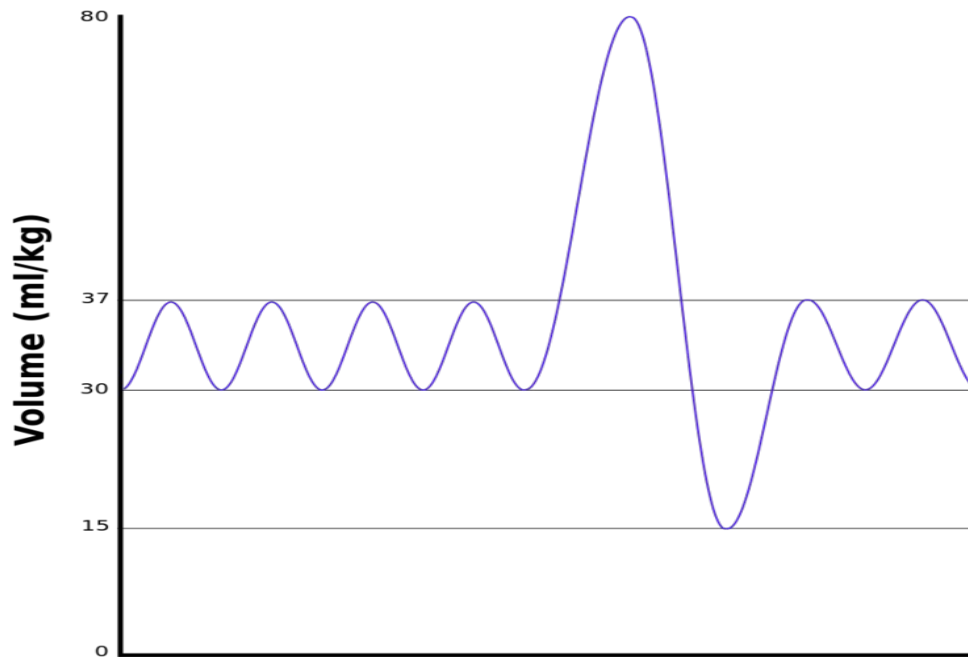
Lung Volumes

Key Terms – Write the definition of these key terms

Minute Ventilation =

Respiratory Rate =

TASK: Label the 6 lung volumes on the graph below then complete the table



	Definition	Average amount	Changes during exercise
<i>Tidal Volume</i>			
<i>Inspiratory Reserve Volume</i>			
<i>Expiratory Reserve Volume</i>			
<i>Residual Volume</i>			
<i>Vital Capacity</i>			
<i>Total lung volume</i>			