

	Structure	Function
Lungs	You have two lungs which are further separated into lobes. Right lung = 3 lobes Left Lung = 2 lobes	To perform the exchange of oxygen and carbon dioxide with air from the atmosphere
bronchi,	The bronchi are the airways that lead from the trachea into the lungs and then branch off into progressively smaller structures	To transport oxygen from the trachea to the bronchioles
bronchioles ,	Tubes which are around 1mm in diameter, consisting of connective tissues and some smooth muscles that keep the tubes open	To delivery oxygen to the alveoli and carbon dioxide out of the body
alveoli,	Tinny balloon shaped structures that are covered in tiny blood vessels .	They are one cell thick, allowing movement of oxygen and carbon dioxide (CO2) between the alveoli and blood vessels.
diaphragm	A C-shaped structure of muscle that separates the rib cage/lungs from the stomach	It contracts and flattens when you inhale. This creates a vacuum effect that pulls air into the lungs. When you exhale, the diaphragm relaxes and the air is pushed out of lungs.

ASSESSMENT

For your end of unit (half term) assessment, you will be required to complete the following task:
Multiply choice test on the respiratory system



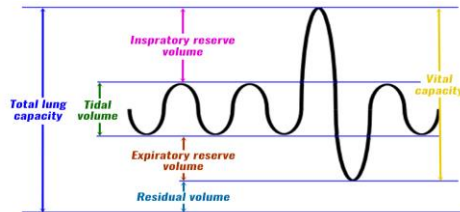
INSPIRATION

Breathing in

EXPIRATION

Breathing out

Lung Volumes



Tidal volume - the volume of air moved into and out of the lungs during each breath.

Respiratory rate - the number of breaths you take per minute. Average between 12-20

Vital capacity - the greatest volume of air that can be expelled from the lungs after taking the deepest possible breath.

Total lung capacity - is the volume of air in the chest after full inspiration.

Short term changes to exercise

- The number of breath you take per minute increase
- You breathing becomes deeper
- You use more muscles to make lung volume bigger

WHY

- So more oxygen can reach your working muscles
- More carbon dioxide can be expelled from the body
- You can run for longer
- You can run quicker