

Knowledge of the Respiratory System

- 1. Explain the pathway of air from the mouth to the alveoli. Include any structural characteristics of the parts the air passes through.**
- 2. Breathing is controlled by two mechanisms, explain both.**
- 3. Explain how inspiration and expiration occurs.**

4. With use of a diagram describe the process of gaseous exchange.

5. Use a spirometer trace to explain what each of the following are: Tidal volume, Inspiratory reserve volume, Expiratory reserve volume, Vital capacity and Residual volume.

6. List two short term and three long term effects of exercise to the respiratory system.

7. How do each of the following effect sporting performance?

a) Asthma

b) Altitude training