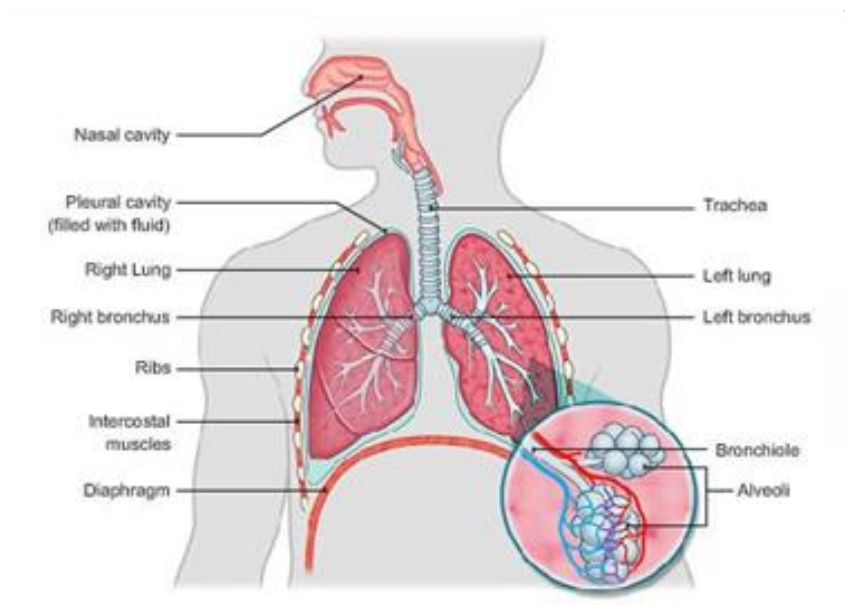
Breathing

Key words

Breathing	The movement of air in and out of the lungs.
Trachea (windpipe):	Carries air from the mouth and nose to the lungs
Bronchi	Two tubes which carry air to the lungs
Bronchioles	Small tubes in the lung
Alveoli	Small air sacs found at the end of each bronchiole.
Ribs	Bones which surround the lungs to form the ribcage.
Diaphragm	A sheet of muscle found underneath the lungs
Lung volume	Measure of the amount of air breathed in or out

The Breathing system



Key knowledge

In gas exchange , oxygen and carbon dioxide move between alveoli and the blood.

Oxygen is transported to cells for aerobic respiration and carbon dioxide, a waste product of respiration, is removed from the body.

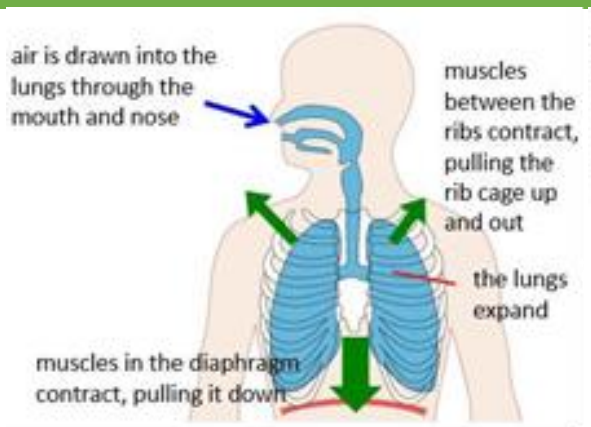
Breathing occurs through the action of muscles in the ribcage and diaphragm

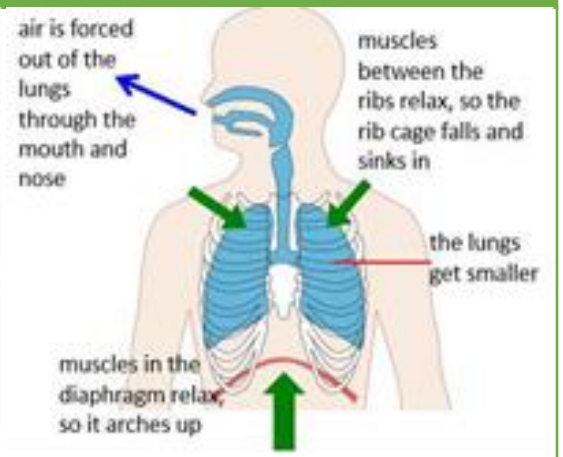
The amount of oxygen required by body cells determines the rate of breathing.

Exercise can strengthen the breathing system by exercising the rib muscles and diaphragm.

Asthma can cause breathing problems as it stops air flow through the bronchioles. This stops oxygen getting to body cells.

Breathing

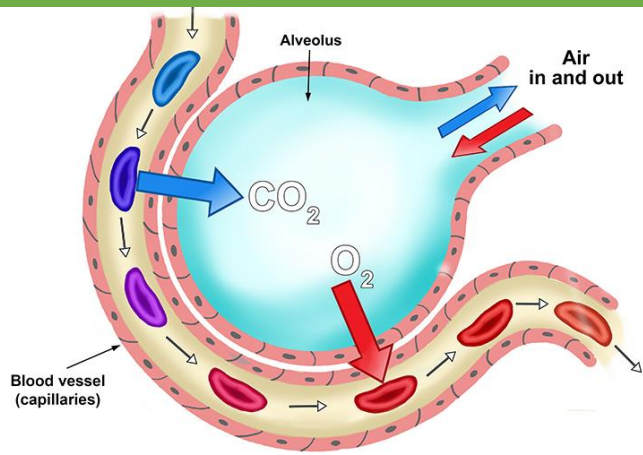




Breathing in is one process and is known as inhalation.
Breathing out is a separate process and is known as exhalation.

Gas Exchange

In gas exchange, oxygen and carbon dioxide move between alveoli and the blood.
Oxygen is transported to cells for aerobic respiration.
Carbon dioxide, a waste product of respiration, is removed from the body.



The air that we exhale contains more carbon dioxide and less oxygen than the air we inhale.