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| **Exam No.** | 2 |
| **Topic Area** | 1.2.3 |
| **Title** | A healthy, active lifestyle and your respiratory system. |

1. **Define** the following terms:

* Tidal volume
* Vital capacity
* Oxygen debt

**(3 marks)**

1. Rest must be considered when planning a healthy active lifestyle. **Describe** the impact of rest on the respiratory system.

**(2 marks)**

1. The following statements are effect of participation in exercise and physical activity on the respiratory system. **State** whether the effect is immediate or long term.

* Heavier/deeper breathing
* Carbon dioxide removed more efficiently
* More alveoli produced
* Better delivery of oxygen to working muscles
* Increased vital capacity
* Amount of capillaries increases
* Oxygen debt occurs

1. **marks)**
2. Lifestyle factors must be considered in order to lead a healthy, active lifestyle. **Explain** the effect of smoking on the respiratory system.

**(4 marks)**

1. **Describe** and **explain** using examples, both the immediate effects, and the long term effects of regular exercise on the respiratory system.

**(6 marks)**