

RESPIRATORY SYSTEM STUDY GUIDE

Facts and Functions:

- The respiratory system is so important because it controls breathing and gas exchange in the body. The respiratory system brings oxygen into the human body and removes carbon dioxide.
- The nose, throat, and trachea form a passageway for air to enter and for waste gases to exit the body.
- The lungs expand and draw in air when the diaphragm expands. The lungs expel air when the diaphragm contracts. This expanding and contracting of the lungs is an involuntary action. Lungs are made of spongy tissue with lots of surface area to increase contact with the air.
- Asthma makes it hard for people to breathe because it narrows the breathing tubes. If someone is having difficulties breathing they should go to the doctor to have them examine their respiratory system to see if one part is not functioning properly.

Comparing the RESPIRATORY SYSTEM to other body systems:

- The small intestine and lungs are similar because both separate needed from unneeded parts of the materials our bodies take in.
- When someone is exercising both the circulatory and respiratory systems provide oxygen to the body. The lungs are the organs of the respiratory system that most directly connected to the circulatory system.

Respiration Sequence:

- The nose has two nostrils that let air in.
- The trachea is a long tube that carries air from the nose (and mouth) to the lungs.
- The lungs are large spongy organs that can inflate and shrink. They have a lot of surface area to let oxygen into the blood and let wastes out.
- The diaphragm is a flat muscle below the lungs. When the diaphragm moves, the lungs expand and contract and the person breathes in and out.

