

## **Week 3: Respiratory System**

GE 345 Physiology/Kinesiology

Name

### ***Respiratory Function***

The respiratory system consists of a series of branching tubes, terminating in millions of little sacs in the lungs. Most of these branches act as passages for air to move in and out of those sacs, where gas transfer with the circulatory system takes place. Normally, the act of inspiration is caused by the active movement of the diaphragm, while expiration is passive, although during intense activities expiration is assisted by muscles of the abdomen and rib cage to allow breathing to keep up with gas exchange rates.

Pressure differentials within the lungs and the thoracic cavity keep the alveoli from collapsing. If the thoracic cavity is compromised, the lungs can collapse from exposure to atmospheric pressure.

### ***Paraphernalia***

None.

### ***Today's Activity***

You're in luck! I don't have the equipment necessary for an in-class activity, so there wont be one today. However, there are homework questions on the back of this sheet which are due next week.

