

3R – Exercise and respiration

1. (a) List at least three changes that happen to the body during exercise.

(b) Sweating is useful during exercise. Suggest how is it linked to respiration.

(6 mark)

2. One of the changes that happens during exercise is that more blood is delivered to the muscle cells.

(a) What change allows more blood to reach the muscles?

(b) What arrives to the muscle cells in the blood?

(c) What is removed from the muscle cells by the blood?

(d) What does the cell do with the things it receives from the blood?

(e) What does that allow the muscle cells to do?

(5 marks)