Name _____ **Class** _____ **Date** _____

1 a Tessa is going running. Tick (✓) the boxes in the table to show how her body will change.

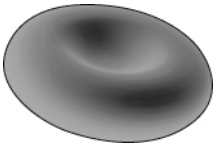
	Her pulse rate	Her breathing rate	Her temperature
Will go down			
Will stay the same			
Will go up			

b Why will her breathing rate change in the way you have said?

_____

_____

2 a What kind of cell is shown in the drawing?



_____

b What is its function?

_____

c A cell like this has just left the lungs. What colour will it be? Tick (✓) the best *one*.

☐ black ☐ blue ☐ bright red ☐ dark browny red ☐ colourless

d A cell like this has just left a leg and is travelling back towards the heart. What colour will it be? Tick (✓) the best *one*.

☐ black ☐ blue ☐ bright red ☐ dark browny red ☐ colourless

e What gas found in cigarette smoke can stop these cells carrying out their function?

☐ nitrogen ☐ oxygen ☐ carbon ☐ carbon monoxide ☐ argon

f Name one other harmful substance in cigarette smoke. _____

3 What process happens inside a mitochondrion? _____

4 a Which of these will reduce gas exchange in the lungs. Tick (✓) *two*.

☐ emphysema ☐ walking ☐ breathing oxygen ☐ asthma attack

b Why is gas exchange reduced if the alveoli are damaged? _____

_____

5 A lack of oxygen to the heart muscles can cause a heart attack. What happens to heart muscle cells during a heart attack?

_____

I can…

- describe the effects of exercise on breathing and heartbeat rates
- describe the causes and explain the effects on the body of reduced oxygen supply.