**BTEC Sport**

**Cardiorespiratory system**

**Lesson 2**

Entry Activity:

The Cardiorespiratory system is made up of the\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The main job of the heart is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The main job of the lungs is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Heartrate is defined as the number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ The three major blood vessels are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Extension**

Explain the function of one of the blood vessels?

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**Learning objectives;**

To know how the cardio respiratory system responds to exercise.

To understand the short term effects of the cardio respiratory system.

To be able to explain how these effects take place.

**Increased heart rate and blood flow**

**1.** When we start to exercise…

2. This increased demand comes from the…

3. This is because…

4. Before we exercise we experience…

This is important for sports such as…. Because…

**2) Increased breathing rate**

1. During exercise…

2. Your lungs…

3. This blood then goes to…

4. This is important because…

This is important for sports such as…. Because…

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**3) Sweat production and skin reddening**

1. Body temperature…

2. Skin reddening…

3. This happens because…

This would be important for sports such as… This is because…

**4) Redistribution of blood flow**

1. Redistribution of blood flow…

2. The blood…

3. The redistribution of blood…

3. Vasodilation is…

4. Vasoconstriction is…

This would be important for sports such as… This is because…

**5) Increased Cardiac Output**

1. Cardiac output is…

2. During exercise…

3. This is important because…

It would help performance in sports such as…