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##### Question/Answer Booklet

Name: MARKING KEY

PHYSICAL EDUCATION STUDIES

**PES 11 Gen Test 2: Cardiovascular & Respiratory System**

Working time for paper: 20 mins

###### *To be provided by the candidate*

Standard items: pens, pencils, eraser, correction fluid, ruler, highlighter

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| --- | --- | --- |
| Topics | Number of Questions | Marks |
| Circulatory System | 10 | 10 |
| Respiratory System | 10 | 10 |
| Total Marks |  | 20 |

**Answer all questions on the question paper**

|  |  |
| --- | --- |
| **Question** | **Answer** |
| 1  2  3  4  5  6  7  8  9  10 | C  B  B  D  A  E  B  A  C  C |

|  |  |
| --- | --- |
| **Question** | **Answer** |
| 11  12  13  14  15  16  17  18  19  20 | B  B  D  D  A  A  E  A  D  B |

Which of these is not a function of the Circulatory System?

1. Circulates blood to all parts of the body.
2. Transports water, oxygen and nutrients to the cells.
3. Allows oxygen to transfer through the Aveoli
4. Helps to maintain correct body temperature

How Many chambers in the heart?

1. 2
2. 4
3. 5
4. 6

What is it that separates the oesophagus and trachea in the respiratory system?

1. Larynx
2. Epiglottis
3. Pharynx
4. Nasal cavity

Which part of the blood creates blood clots?

1. Plasma
2. Red Blood Cells
3. White Blood Cells
4. Platelets

Which statement is INCORRECT about expiration?

1. The same process as inhalation
2. Diaphragm and inter-costal muscles relax
3. Along with the natural elasticity of the chest cavity, this creates higher pressure within the lungs and squeezes air out
4. Rates and volumes of breathing will be higher during exercise, with more muscles being involved in the process

What is/are the function of Blood

1. Transport of nutrients
2. Regulation of fluid content
3. Regulation of body temperature
4. Protection of the body
5. All of the above

From the bronchi/bronchus air travels through what, to arrive at the aveoli?

1. Trachea
2. Bronchioles
3. Pleura
4. Larynx

Which blood vessel has the thickest walls?

1. Arteries
2. Platelets
3. Veins
4. Capillaries

What is the ideal blood pressure for 15 – 20 year olds?

1. 130/50mmHg
2. 120/75 mmHg
3. 120/80 mmHg
4. 125/80 mmHg

Where does Gas exchange take place?

1. Trachea
2. Larynx
3. Aveoli
4. Bronchi

The blood is pumped through the body, away from the heart via the?

1. Pulmonary vein
2. Aorta
3. Superior vena cava
4. Inferior vena cava

The volume of air inspired and expired with a normal breath is?

1. Vital volume
2. Tidal volume
3. Residual volume
4. Reserve volume

When the blood returns to the heart it enters through the?

1. Pulmonary valve
2. Inferior vena cava
3. Superior vena cava
4. Both (a) & (c)

What is the capillaries function?

1. Reach every cell of the body
2. Have thin walls composed of single layer of cells, which allow oxygen and nutrients to pass into the cell and carbon dioxide and waste to pass out.
3. Carry blood towards the heart
4. Both (a) and (b)

The membrane that covers the lungs and the top of the diaphragm and chest cavity is what?

1. Pleura
2. Trachea
3. Larynx
4. Pharynx

When muscles of both atria and ventricles relax. Allows blood from the veins to flow through the atria into the ventricles until all cavities of the heart are filled. This is known as?

1. Diastole
2. Atrial Systole
3. Ventricular Systole
4. Systole

What is/are the function of the Respiratory System?

1. Deliver oxygen to the lungs
2. Provide a method of gaseous exchange within the lungs to allow oxygen to enter and carbon dioxide to leave the blood, and remove carbon dioxide from the lungs into the atmosphere
3. Create speech as air is breathed out through the vocal cords
4. Facilitate our sense of smell
5. All of the above

When inhaling the diaphragm does what?

1. Diaphragm contracts, pulls down on rib cage
2. Diaphragm relaxes
3. Diaphragm moves outwards
4. Nothing

The trachea is?

1. Stretches from the larynx into the thorax
2. Catches unwanted particles that enter through the epiglottis
3. Important that it remains open, so is reinforced with rings of cartilage
4. Both (a) and (c)

The amount of air in the lungs after a maximum inspiration is?

1. Vital volume
2. Total lung capacity
3. Residual volume
4. Reserve volume