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ISHTA 200H TT Assignment
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Topic 9
Anatomy V: Nervous system
A&P of the Breath

9.1 *The involuntary Nervous System is commonly called the Autonomic Nervous System. There are two parts to this system. (A) What is each part called? (B) What happens when each part is active?*

(A) Sympathetic System and the Parasympathetic System

(B)

Sympathetic system:

- ❖ Fight or flight system that is active when we are under stress
- ❖ Blood pressure and heart rate increase
- ❖ Blood directed to muscles of arms and legs
- ❖ Dilated pupils
- ❖ Skin is cool, wet, sweaty

Parasympathetic System:

- ❖ Maintains and conserves body during periods of low stress
- ❖ Responsible for breathing, digestion, elimination
- ❖ Blood directed to organs
- ❖ Pupils contract
- ❖ Warm skin

9.2 *Briefly describe what the diaphragm does during inhalation and exhalation.*

During inhalation, the diaphragm contracts and flattens while it moves downwards and presses against the abdominal organs. Therefore, there is more space inside the thoracic cavity. During exhalation, the diaphragm relaxes into its mushroom/parachute shape and rises upwards.