

Name: _____

Date Started: _____ Date Completed: _____ Score: _____

Learning Activity Sheet
The Respiratory System

Directions: Choose the letter of the correct answer and write it in the blank provided before each number.

- _____ 1. Which transports oxygen gas from the lungs toward the tissue cell?
- A. artery
 - B. blood
 - C. heart
 - D. vein
- _____ 2. Between which of the following structures does external respiration happen?
- A. pulmonic capillaries and pulmonary arteries
 - B. systemic capillaries and tissue cells
 - C. pulmonic capillaries and alveoli
 - D. systemic capillaries and alveoli
- _____ 3. Which of the following lifestyles should an asthmatic person avoid?
- A. regular exercise like swimming
 - B. smoking or exposure to cigarette smoke
 - C. regular consumption of vegetables and fruits
 - D. breathing exercises, such as yoga and meditation
- _____ 4. Which of these events is NOT true during inhalation?
- A. Lungs are inflated.
 - B. Lungs are deflated.
 - C. Intercostal muscles contract, causing the ribcage to move outward.
 - D. The pressure inside the lungs is less than the pressure outside the body.
- _____ 5. Which correctly describes the direction of gases during internal respiration?
- A. Both CO₂ and O₂ diffuse to the tissue cells.
 - B. Both CO₂ and O₂ diffuse to the systemic capillaries.
 - C. CO₂ diffuses to the tissue cells; O₂ diffuses to the systemic capillaries.
 - D. O₂ diffuses to the tissue cells; CO₂ diffuses to the systemic capillaries.

- _____ 6. Which correctly describes the direction of gases during external respiration?
- A. Both CO₂ and O₂ diffuse to the alveoli.
 - B. Both CO₂ and O₂ diffuse to the pulmonic capillaries.
 - C. CO₂ diffuses to the alveoli, while O₂ to the pulmonic capillaries.
 - D. O₂ diffuses to the alveoli, while CO₂ to the pulmonic capillaries.
- _____ 7. Which of the following is NOT included in the exhalation process?
- A. The diaphragm contracts and is in a flat position.
 - B. The diaphragm relaxes, resuming its dome-shaped position.
 - C. The intercostal muscles relax, and the ribcage moves downward and inward.
 - D. The volume of the thoracic cavity decreases, causing the lungs to deflate.
- _____ 8. Which process facilitates the exchange of oxygen (O₂) and carbon dioxide (CO₂) during external and internal respiration?
- A. diffusion
 - B. osmosis
 - C. oxidation
 - D. reduction
- _____ 9. Atherosclerosis is a condition in which the arterial wall thickens due to the buildup of fatty materials, such as cholesterol. Who is likely to have the least risk of getting this illness?
- A. one who regularly walks to his/her workplace
 - B. one who regularly drinks alcoholic beverages
 - C. one who regularly eats junk food and drinks soda
 - D. one who spends most of his/her time playing video games
- _____ 10. Pneumonia is an infection of the alveoli caused by many kinds of bacteria and viruses. Which of the following practices would lessen the risk of getting this disease?
- A. smoking cigarettes or vaping inside your house
 - B. putting dog and cat cages inside your house
 - C. installing curtains on windows inside your house
 - D. regular disinfection and proper ventilation of your house