

## Spelling list: Respiratory System

Key words for GCSE Sport Studies students

aerobic	'With oxygen'. If exercise is not too fast and is steady, the heart can supply all the oxygen muscles need.
anaerobic	'Without oxygen'. If exercise is done in short, fast bursts, the heart cannot supply blood and oxygen to muscles as fast as cells use them.
capillaries	The smallest of a body's blood vessel.
gaseous	The process through which different gases are transferred in opposite directions across a specialised respiratory surface.
exchange	The process through which different gases are transferred in opposite directions across a specialised respiratory surface.
tidal	The amount of air inspired and expired with each normal breath at rest or during exercise.
volume	The amount of air inspired and expired with each normal breath at rest or during exercise.
vital	The greatest amount of air that can be breathed into and out of the lungs by the most forceful inspiration and expiration.
capacity	The greatest amount of air that can be breathed into and out of the lungs by the most forceful inspiration and expiration.