

Spelling list: Respiratory System

Key words for GCSE Sport Studies students

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| 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. |