

Key terms

Key Word	Definition
Respiratory system	In humans, the series of organs responsible for taking in oxygen and expelling carbon dioxide
Alveoli	Small air sacks in the lungs where gaseous exchange takes places
Gaseous exchange	The process in the lungs whereby oxygen is delivered to the bloodstream, while carbon dioxide is removed from it; takes place in the alveoli
Diaphragm	Muscular 'sheet' at the base of the chest cavity dividing it from the abdomen
Intercostal muscles	The muscles between the ribs that raise and lower the ribs
Submaximal exercise	An activity with a steady increase in workload or intensity, working at 85% of the maximum heart rate
Maximal exercise	An activity where the intensity is constant throughout a short period of time
Tidal volume	The volume of air you inhale with each breath during normal breathing
Minute ventilation	The volume of air, in litres, that you breathe per minute
Vital capacity	The maximum amount of air you can breathe out
Residual volume	The amount of air left in your lungs after breathing out