

Functions	
The Respiratory	The Circulatory
To get oxygen into the body and to remove Carbon Dioxide of the body.	To transport nutrients, oxygen and other products as well as dispose of wastes like Carbon Dioxide

Key Terms	
Oxygen Debt: Shortfall of oxygen to the body after maximal effort/ anaerobic exercise, resulting in deep and shallow breathing (Running short distance, very fast, once you stop you breath heavily to gather more oxygen.)	Heart rate: The amount of beats per minute.
Vital Capacity: The maximum amount of air that can be forcibly exhaled after breathing in as much as possible.	Stroke Volume: The amount of blood pumped by the heart in one beat.

Key Terms (cont)	
Tidal Volume: Amount of air breathed in and or out at rest.	Cardiac Output: The amount of blood pumped by the heart in one minute
	To get Cardiac Output: Stroke volume TIMES (X) Heart rate,

Breathing 101		
Mechanism of breathing	What happens when we breath in?	What happens when we breath out?
Lungs are not muscles therefore they can't move on their own accord. They are helped by the diaphragm and the intercostal muscles between the ribs.	INSPIRATION HAPPENS	EXPIRATION HAPPENS
	Our diaphragm pulls down	Our diaphragm relaxes

Breathing 101 (cont)	
Our intercostal muscles contract as air pressure is reduced (to make room for all the new air)	Our intercostal muscles relax and the pressure increases in our lungs as the air is forced out (releasing the air like squeezing a balloon)
Air is sucked through the tubes into the lungs	Our chest then becomes smaller (as all the air is gone now)
Our chest then expands (as air is in it now)	

Parts of Systems	
Respiratory	Circulatory
3 parts	3 parts
Diaphragm, Lungs, Air Passageways	Blood, Heart, Blood Vessels

