The Respiratory System: Multiple-Choice Questionnaire

**Answer each question on your own by ticking the correct answer.**

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| 1. The missing word(s) in the following formula for anaerobic respiration is/are…Glucose Energy + …………………………… | 6. The answer to Question 5 causes a build-up in the muscles of… |
| a) Carbon dioxide | ❑ | a) Carbon dioxide | ❑ |
| b) Lactic acid | ❑ | b) Blood | ❑ |
| c) Water | ❑ | c) Lactic acid | ❑ |
| d) Oxygen | ❑ | d) Platelets | ❑ |

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| 2. The missing word(s) in the following formula for aerobic respiration is/are…Glucose + Oxygen Energy + ……………………………………… + Water | 7. During recovery from exercise we expire breath… |  |
| a) Carbon dioxide | ❑ | a) To remove excess gas in the lungs | ❑ |
| b) Lactic acid | ❑ | b) To remove waste products from the lungs | ❑ |
| c) ATP | ❑ | c) Because we are worn out | ❑ |
| d) Fructose | ❑ | d) To remove oxygen from the lungs | ❑ |

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| 3. Aerobic respiration differs from anaerobic respiration because it… | 8. The word used to describe the loss of water from the skin to cool the body is… |
| a) Releases less energy | ❑ | a) Respiration | ❑ |
| b) Takes place in the cytoplasm | ❑ | b) Evaporation | ❑ |
| c) Requires oxygen | ❑ | c) Inspiration | ❑ |
| d) Produces lactic acid | ❑ | d) Perspiration | ❑ |

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| 4. Aerobic respiration is used predominantly during… | 9. How does excretion through urine and faeces help with recovery after exercise? |
| a) A 100 m sprint | ❑ | a) It reduces our body temperature | ❑ |
| b) A vertical jump | ❑ | b) It removes excess carbon dioxide | ❑ |
| c) A dive | ❑ | c) It removes excess water and other waste products | ❑ |
| d) A 1,500 m run | ❑ | d) It removes excess sweat | ❑ |

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| 5. The oxygen that is ‘borrowed’ and ‘owed’ to the body as a result of anaerobic respiration is referred to as… | 10. Which of these is not a role of the blood? |
| a) Oxygen owed | ❑ | a) Transporting oxygen and glucose to working muscles for respiration | ❑ |
| b) Oxygen debt | ❑ | b) Clotting to seal open wounds | ❑ |
| c) Oxygen borrowed | ❑ | c) Producing sweat | ❑ |
| d) Oxygen shortage | ❑ | d) Regulating body temperature | ❑ |