

OBHS Core Questions:

Subject: GCSE PE

Year and Term: Year 11 Autumn 2

Topic: Body systems - Cardiovascular System and Respiratory System (Component 1)



Learn these questions to build a strong foundation of knowledge for this half-term. Ask family or friends to test you regularly, or practise on your own using the 'Look, Say, Cover, Write' method.

	Question	Answer
1.	What is the function of the cardiovascular system?	Transportation. Body temperature regulation. Fight infections. Clotting
2.	Name the 3 types of blood vessels.	Arteries. Veins. Capillaries.
3.	Which blood vessel transports blood away from the heart?	Arteries.
4.	Which blood vessel is one cell thick to allow gaseous exchange to take place?	Capillaries.
5.	Explain the term Vascular shunting.	Blood is diverted away from inactive areas to the working muscles.
6.	Which blood cell is responsible for transporting Oxygen?	Red Blood Cells.
7.	Which blood cell is responsible for fighting infection?	White Blood Cells.
8.	Where does gaseous exchange occur?	In the alveoli of the lungs.
9.	What muscle helps to increase the volume of the chest cavity during inhalation?	Diaphragm.
10	What is tidal volume?	The amount of air inhaled or exhaled in one normal breath.
11	What happens to breathing rate during exercise?	It increases to meet the oxygen demands of the muscles.
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