Name: _____ Date: _____

Respiration in Organisms

Q1. What role does hair present in the nasal cavity play in the process of respiration?

Ans. _____

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Q2. What is normal range of breathing rate per minute in an average adult person at rest?

Ans. _____

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Q3. Why do we get muscle cramps after heavy exercise?

Ans. _____

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Q4. What happens during exhalation?

Ans. _____

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Q5. What happens during inhalation?

Ans. _____

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Education with Fun

Respiration in Organisms

Q1. What role does hair present in the nasal cavity play in the process of respiration?

Ans. When we inhale, the particles get trapped in the hair present in our nasal cavity. Thus, the hairs present in the nasal cavity filters the air.

Q2. What is normal range of breathing rate per minute in an average adult person at rest?

Ans. On an average, an adult human being at rest breathes in and out 15ñ18 times in a minute.

Q3. Why do we get muscle cramps after heavy exercise?

Ans. The cramps occur when muscle cells respire anaerobically. The partial breakdown of glucose produces lactic acid. The accumulation of lactic acid causes muscle cramps.

Q4. What happens during exhalation?

Ans. During exhalation, ribs move down and inwards, while diaphragm moves up to its former position. This reduces the size of the chest cavity and air is pushed out of the lungs.

Q5. What happens during inhalation?

Ans. During inhalation, ribs move up and outwards and diaphragm moves down. This movement increases space in our chest cavity and air rushes into the lungs. The lungs get filled with air.