AS LEVEL PE - PROGRESS / TRACKING SHEET

RESPIRATORY SYSTEM

TARGET GRADE	
Current Working at Grade	

	Start of Unit			Interim Check			End of Unit		
TOPICS	R	A	G	R	A	G	R	A	G
I understand the following lung volumes: residual volume, expiratory reserve volume, inspiratory reserve volume, tidal volume and minute ventilation									
I understand the impact of physical activity and sport on these lung volumes									
I can explain gas exchange of oxygen and carbon dioxide at alveoli and muscles, through the principles of diffusion and partial pressures									
I understand the hormonal, neural and chemical regulation of pulmonary ventilation during physical activity									
I can explain the role of chemoreceptors, proprioceptors and baroreceptors in the regulation of pulmonary ventilation during exercise									
I understand the effects of poor lifestyle choices on the respiratory system									