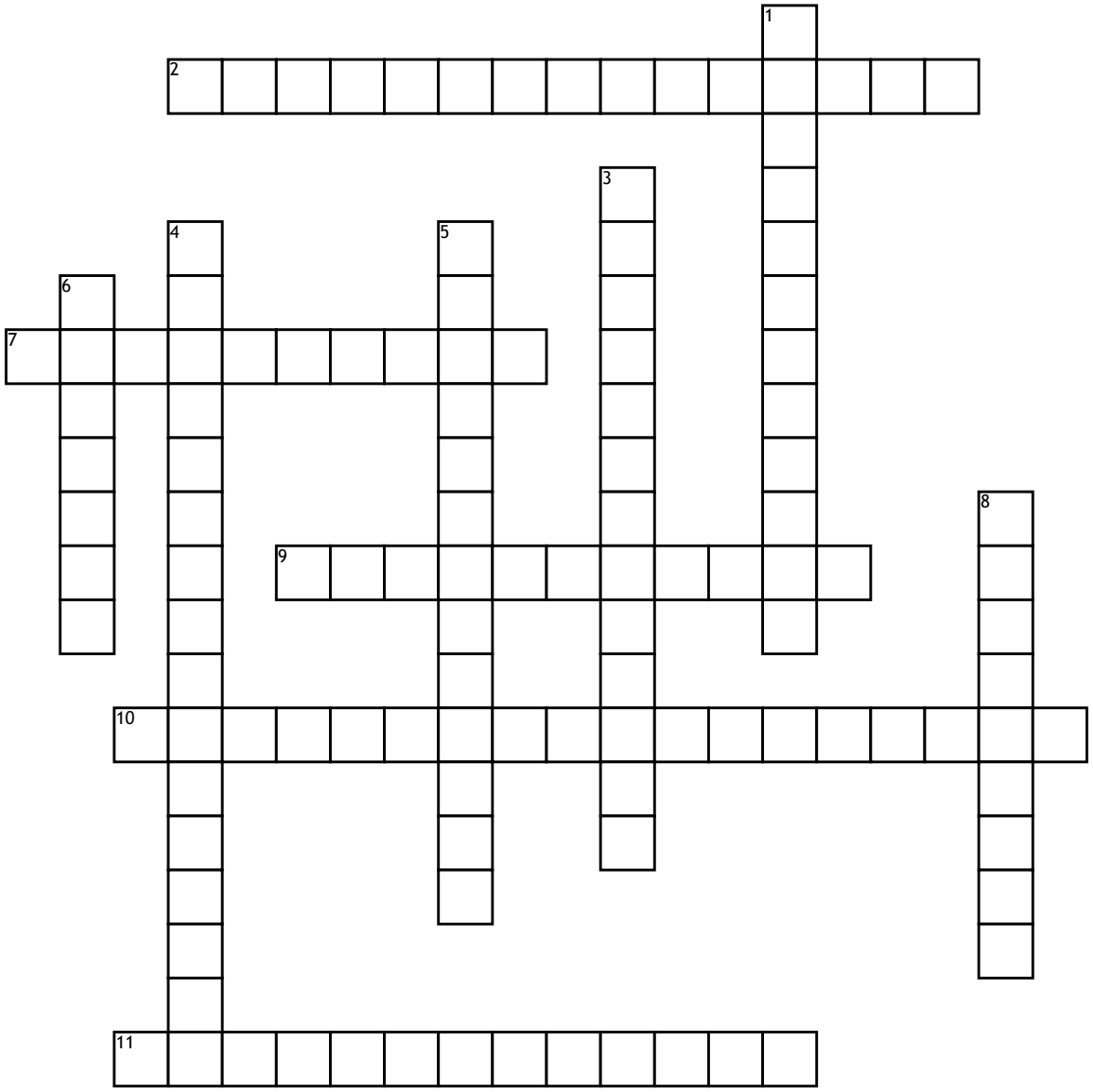
Name: _____ Date: _____

Cardio-Respiratory Effects



Across

2. This results in a increase in the number of capillaries wrapping around the alveoli (15)
7. The more muscular the veins and arteries the more they can dilate and constrict, this is an increase in... (10)
9. This is the amount of air inspired and expired with each normal breath at rest or during exercise (5,6)
10. This is when the heart becomes bigger and stronger (7,11)
11. If there are more of these, more oxygen can be delivered to working muscles (3,5,5)

Down

1. The amount of blood pumped around your body per beat is called... (6,6)
3. Amount of blood ejected from your heart in one minute (6,6)
4. When your heart is able to pump out more blood per beat, what lowers? (7,5,4)
5. Greatest amount of air to pass in/out of lungs by most forceful inspiration/expiration (5,8)
6. This is where gaseous exchange takes place (7)
8. When your ..... and intercostal muscles are stronger you can breathe deeper (9)