

10. When the faeces become hard, dry and compacted in the gut this is known as:
- a) Constipation
 - b) Diarrhoea
 - c) Flatulence
 - d) Cramp

Chapter 7: The respiratory system

1. The movement of air into and out of the body is the result of the contraction and relaxation of the:

- a) Alveoli
- b) Intercostal muscles and diaphragm
- c) Diaphragm alone
- d) Trachea

2. The cilia which line the trachea:

- a) Move the air in and out of the lungs
- b) Make mucus
- c) Move mucus along with trapped microorganisms and dirt away from the lungs towards the mouth
- d) Remove dead cells from the lining of the trachea

3. Which of the following is the correct sequence of events in mouth-to-mouth resuscitation?

- 1) Raise the chin and tilt head back to clear the airway
- 2) Give 4 quick breaths into the casualty and repeat every 5 seconds until the casualty breathes for themselves or help comes
- 3) Pinch the nose and seal your mouth around the casualty
- 4) Call for help

- a) 1, 2, 3, 4
- b) 2, 3, 4, 1
- c) 4, 3, 2, 1
- d) 4, 1, 3, 2

4. The alveoli have many of the features of a gas exchange surface. Which of the following is **NOT** a typical feature of an exchange surface?

- a) Large surface area
- b) Good blood supply
- c) Short diffusion distances
- d) A protective rib cage

5. Where does aerobic respiration take place in the cell?

- a) Nucleus
- b) Ribosomes
- c) Cytoplasm
- d) Mitochondria

6. What is the chemical produced during aerobic respiration which is used as an energy source in the cell?

- a) ADP
- b) ATP
- c) AMP
- d) Carbon dioxide

7. The products of anaerobic respiration in yeast are:

- a) Lactic acid
- b) carbon dioxide and water
- c) ethanol
- d) ethanol and carbon dioxide

8. Which of these statements is **NOT** one of the effects of regular exercise on your body?

- a) Your heart gets larger with a bigger and more efficient blood supply
- b) Your lungs get larger with a bigger and more efficient blood supply
- c) Your stomach gets larger with a bigger and more efficient blood supply
- d) Your muscles get larger with a bigger and more efficient blood supply

9. Look at the following list: exercise, drugs, anxiety, studying, altitude, smoking, environmental factors, cholesterol levels, weight. How many of these factors are known to affect the breathing rate?

- a) 5
- b) 7
- c) 9
- d) 6

10. Smoking causes many diseases including lung cancer and heart disease. Which of the following is the addictive drug which makes it very hard to give up smoking once you have started?

- a) Tar
- b) Carbon monoxide
- c) Nicotine
- d) Tobacco

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Table of Contents Hsb Multiple Choice Questions

1. Understanding the eBook Hsb Multiple Choice Questions
 - The Rise of Digital Reading Hsb Multiple Choice Questions
 - Advantages of eBooks Over Traditional Books
2. Identifying Hsb Multiple Choice Questions
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Hsb Multiple Choice Questions
 - User-Friendly Interface
4. Exploring eBook Recommendations from Hsb Multiple Choice Questions
 - Personalized Recommendations
 - Hsb Multiple Choice Questions User Reviews and Ratings
 - Hsb Multiple Choice Questions and Bestseller Lists
5. Accessing Hsb Multiple Choice Questions Free and Paid eBooks
 - Hsb Multiple Choice Questions Public Domain eBooks
 - Hsb Multiple Choice Questions eBook Subscription Services
 - Hsb Multiple Choice Questions Budget-Friendly Options

6. Navigating Hsb Multiple Choice Questions eBook Formats
 - ePub, PDF, MOBI, and More
 - Hsb Multiple Choice Questions Compatibility with Devices
 - Hsb Multiple Choice Questions Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Hsb Multiple Choice Questions
 - Highlighting and Note-Taking Hsb Multiple Choice Questions
 - Interactive Elements Hsb Multiple Choice Questions
8. Staying Engaged with Hsb Multiple Choice Questions
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Hsb Multiple Choice Questions
9. Balancing eBooks and Physical Books Hsb Multiple Choice Questions
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Hsb Multiple Choice Questions
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Hsb Multiple Choice Questions
 - Setting Reading Goals Hsb Multiple Choice Questions
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Hsb Multiple Choice Questions
 - Fact-Checking eBook Content of Hsb Multiple Choice Questions
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

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