

## OBJECTIVES

- Differentiate external respiration from internal respiration.
- Trace the path of air from the atmosphere to the bloodstream.
- Describe how gases are exchanged in the lungs and transported in the bloodstream.
- Summarize the skeletal and muscular changes that occur during breathing.
- Describe how the rate of breathing is controlled.

## VOCABULARY

respiratory system  
 external respiration  
 internal respiration  
 lung  
 pharynx  
 epiglottis  
 trachea  
 larynx  
 bronchus  
 bronchiole  
 alveolus  
 inspiration  
 diaphragm  
 expiration

# THE RESPIRATORY SYSTEM

The blood transports oxygen from the lungs to cells and carries carbon dioxide from the cells to the lungs. It is the function of the **respiratory system** to exchange gases with the cardiovascular system.

## RESPIRATION

The respiratory system involves both external respiration and internal respiration. **External respiration** is the exchange of gases between the atmosphere and the blood. **Internal respiration** is the exchange of gases between the blood and the cells of the body. Once oxygen is in the cells, the cells use it to break down glucose and make ATP by the process of aerobic respiration. Without oxygen, the body could not obtain enough energy from food to survive. Excess carbon dioxide produced as a waste product of aerobic respiration is toxic to cells and is removed from the cells by internal respiration.

## THE LUNGS

The **lungs** are the site of gas exchange between the atmosphere and the blood. Notice in Figure 46-16 that the right lung has three divisions, or lobes. It is slightly heavier than the two-lobed left lung. The lungs are located inside the thoracic cavity, bounded by the rib cage and the diaphragm. Lining the entire cavity and covering the lungs are pleura, membranes that secrete a slippery fluid that decreases friction from the movement of the lungs during breathing.

### The Path of Air

Refer to Figure 46-16 to trace the path air follows from the atmosphere to the capillaries in the lungs. External respiration begins at the mouth and at the nose. Air filters through the small hairs of the nose and passes into the nasal cavity, located above the roof of the mouth. In the nasal cavity, mucous membranes warm and moisten the air, which helps prevent damage to the delicate tissues that form the respiratory system. The walls of the nasal cavity are also lined with cilia. These cilia trap particles that are inhaled and are eventually swept into the throat, where they are swallowed.



# Holt Biology Directed The Respiratory System

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