

Name _____

The Breath-Holding Adventure: What Happens When We Hold Our Breath

Short Answer Key

1. Inhaling is the process of breathing in, where the diaphragm and rib muscles contract, creating more space in the chest to allow air to rush into the lungs, carrying oxygen. Exhaling is the process of breathing out, where the diaphragm and rib muscles relax, pushing air out of the lungs and expelling carbon dioxide, a waste product.
2. Your heart rate changes during breath-holding because your body is trying to deliver oxygen to your cells more efficiently due to the decreased oxygen intake.
3. The battle during breath-holding involves the instinct to breathe, driven by decreasing oxygen levels and rising carbon dioxide levels, conflicting with the willpower to hold the breath.
4. Hypoxia is a severe oxygen deficiency that can be harmful. It is important to avoid it during breath-holding because it can lead to fainting and other health issues.
5. Safety precautions for breath-holding include not holding your breath for an extended period, avoiding breath-holding until you lose consciousness, and practicing it in a controlled and safe environment.

