Name _____

Breathing Easy: How Exercise Affects Our Respiratory System

Multiple Choice Questions

1. What is the role of the respiratory system in our bodies?

a) Pumping blood

b) Supplying oxygen and removing waste gases

c) Digesting food

d) Regulating body temperature

2. Why does our breathing rate increase during exercise?

a) To conserve energy

b) To deliver more oxygen to our muscles

c) To cool down the body

d) To reduce the heart rate

3. What is the benefit of deeper breathing during exercise?

a) It conserves oxygen

b) It helps relax the muscles

c) It allows for more oxygen to enter the lungs

d) It reduces lung capacity

4. How does regular exercise affect lung function?

a) It weakens the respiratory muscles

b) It has no impact on lung function

c) It improves lung function by strengthening the respiratory muscles

d) It reduces lung capacity

5. Which of the following is a benefit of exercise for respiratory health?

a) Increased risk of respiratory illnesses

b) Reduced lung capacity

c) Weakening of respiratory muscles

d) Enhanced lung function and reduced risk of respiratory illnesses

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