

# Respiratory System Introduction

Think about what  
the respiratory  
system does.

What parts make it  
up?

- ❖ Place your hands on your rib cage.
- ❖ Breathe in, hold it, and breathe out.
- ❖ What is happening?  
Why?

Count how many  
times you breathe in  
one minute.

Share your results.



What would happen to the number of times you would breathe if you went to sleep?

Would it go up, down, or stay the same?

Why?

What would happen to the number of times you would breathe if you started to exercise?

Would it go up, down, or stay the same?

Why?

Take your pulse for  
1 minute.  
(or 15 sec x 4)

Share your results.



Why did I have you  
time your breathing  
AND take your pulse?

Are these two related?

Why?



Why does your  
body need oxygen?

Where does the  
carbon dioxide  
come from?

How does the  
oxygen get from  
your lungs to your  
body?

Feel your trachea  
(windpipe) and the  
ridges on it (cartilage  
rings).

This is there to make  
sure that the windpipe  
stays open.

Find your Adam's  
apple.

Hum to feel the  
vibrations of your  
vocal cords.

Swallow and listen  
for the clicking  
sound.

What is this?

Answer: epiglottis

# Respiration – Ventilation 3D Medical Animation (1:44)



