

<ul style="list-style-type: none"> • Carbon dioxide is excreted through exhalation 	<hr/> <hr/> <hr/>
<p>What kind of medical/trauma cases would create problems with inspiration?</p>	<hr/> <hr/> <hr/>
<p>What happens to your body when there is a problem with inspiration/expiration?</p>	<hr/> <hr/> <hr/>
<p>Inhalation</p>	<hr/> <hr/> <hr/>
<ul style="list-style-type: none"> • Diaphragm and intercostal muscles contract • Diaphragm moves downward • Ribs move upward and outward • Size of chest cavity increases 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Exhalation</p>	<hr/> <hr/> <hr/>
<ul style="list-style-type: none"> • Diaphragm and intercostal muscles relax • Diaphragm moves upward • Ribs move down and inward • Size of chest cavity decreases 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Gas Exchange: Inhalation-Exhalation</p>	<hr/> <hr/> <hr/>
<ul style="list-style-type: none"> • Oxygen enters alveoli from inhalation • Carbon dioxide arrives via capillaries • Oxygen enters capillaries; carbon dioxide enters alveoli 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Inhaled Air</p>	<hr/> <hr/> <hr/>
<ul style="list-style-type: none"> • Oxygen – 21% • Nitrogen – 79% • Carbon Dioxide 0.3%-0.5% 	<hr/> <hr/> <hr/> <hr/> <hr/>
<p>Exhaled Air</p>	<hr/> <hr/> <hr/>

abdominal breathers)	
Circulatory System	
<ul style="list-style-type: none"> • The heart is the pump for the blood • Blood is the fluid that brings food and oxygen to the cells, and removes waste products • Blood vessels are the pipes blood flows through 	
The 4 Chambers of the Heart	
<ul style="list-style-type: none"> • Right Atrium – receives blood from veins; pumps to right ventricle • Left Atrium – receives blood from lungs; pumps to left ventricle • Right Ventricle – pumps blood to the lungs • Left Ventricle – pumps blood through the aorta to the body 	
The Heart	
<ul style="list-style-type: none"> • Valves between chambers prevent backflow of blood • Contains specialized contractile and conductive tissue 	
Circulation	
The movement of blood through the heart and vessels	
Vessels of Circulation	
<ul style="list-style-type: none"> • Arteries <ul style="list-style-type: none"> ▪ Carry blood away from heart 	

