

QUIZ TIME

1. TICK ALL THAT APPLY

CARBON DIOXIDE...

DILATES AIRWAYS AND BLOOD VESSELS

TRIGGERS THE NEED TO BREATHE

TAKES UP HAEMOGLOBIN CAPACITY LIMITING O₂

LINKED TO BLOOD ACIDITY

IS ANTIVIRAL

2. BOLT SCORE MEASURES MY TOLERANCE TO;

A: OXYGEN

B: CARBON DIOXIDE

C: NITRIC OXIDE

3. IF I'M HYPOCAPNIC I MIGHT FEEL:

A: DIZZY

B: INTENSE URGE TO BREATHE

C: TINGLY FINGERS

4. WHAT DOES THE SPLEEN DO DURING BREATH HOLD?

5. WHAT IS THE TERM FOR THE BODY'S NEED FOR BALANCE?

6. WHEN CO₂ INCREASES, HAEMOGLOBIN WILL INCREASE ITS AFFINITY FOR OXYGEN... TRUE OR FALSE?

7. WHEN I HOLD MY BREATH I GET TINGLY FINGERS. IS THIS BECAUSE OF...

A: LOW CARBON DIOXIDE

B: VASOCONSTRICTION OF BLOOD VESSELS

C: I'M LOW ON OXYGEN

DID I SET MY GOALS YET?