

Paula Radcliffe is the World Record for the Women's marathon with a time of 2:15:25. Click on the image to take a look at her in action.



What are the three functions of the cardio-respiratory system and how can they help the performance of a marathon runner during a race?

What is the role of the diaphragm during breathing? Does it change during any way during exercise?

How does her tidal volume and vital capacity change during exercise? Why?

Name the artery responsible for taking blood from the heart to the rest of the body. Name 3 features of arteries.

What are the two types of blood pressure? How would they change as Paula Radcliffe begins a race?

Outline the process of diffusion. Does diffusion change in any way during exercise?