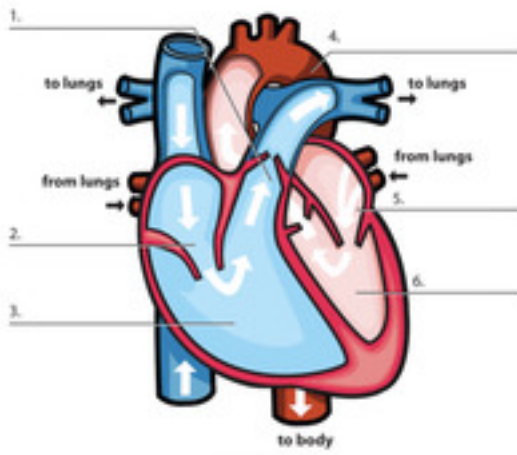


Pump It Up!

The first slide will ask you for your school, team and team members. 1 person should submit answers for the team. Once the section gets to 0:00, the test moves on but DOES record the answers you have clicked.

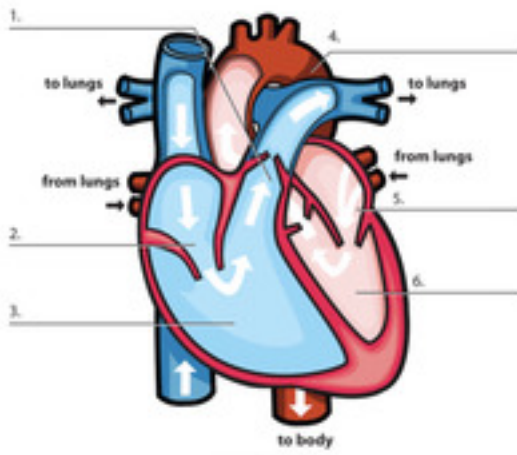
Quiz

Section 1



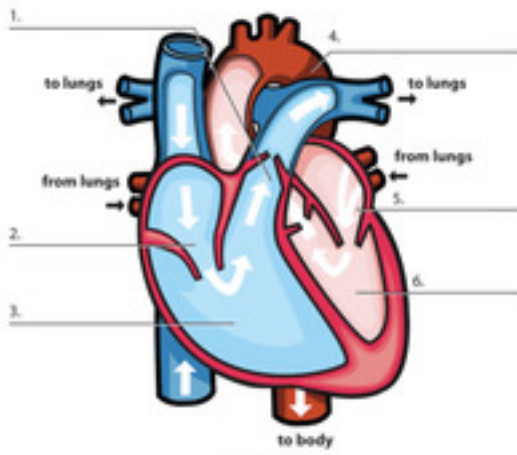
Look at the heart diagram in the picture. You can click it to make it bigger. #1 is pointing to what part of the heart?

- ☐ Aorta
- ☐ Pulmonary Artery
- ☐ Right Atrium
- ☐ Right Ventricle



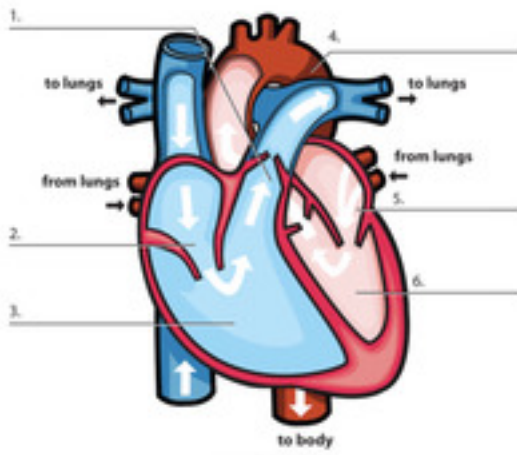
Look at the heart diagram in the picture. You can click it to make it bigger. #2 is pointing to what part of the heart?

- ☐ Aorta
- ☐ Pulmonary Artery
- ☐ Right Atrium
- ☐ Right Ventricle



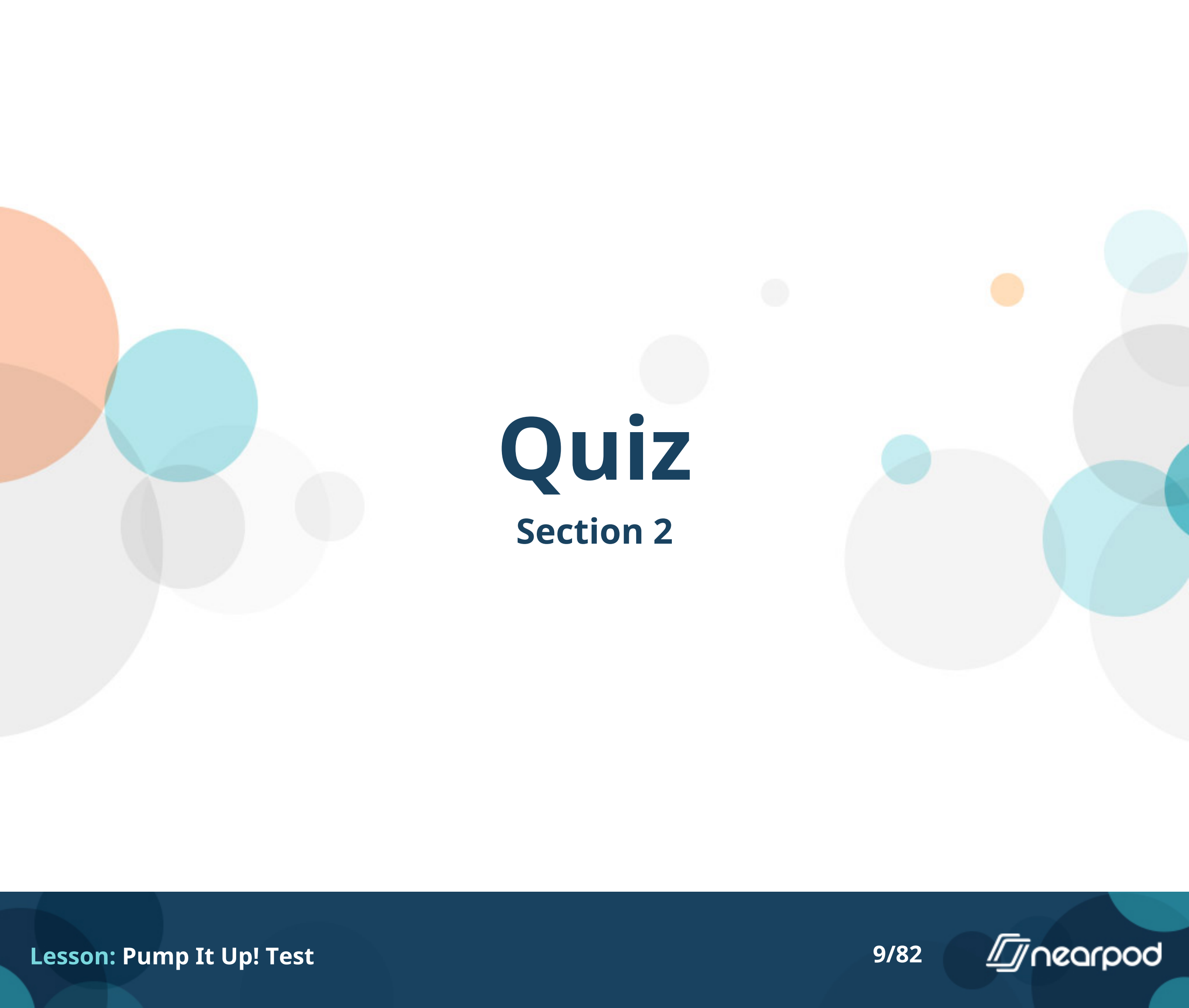
Look at the heart diagram in the picture. You can click it to make it bigger. #3 is pointing to what part of the heart?

- ☐ Aorta
- ☐ Pulmonary Artery
- ☐ Right Atrium
- ☐ Right Ventricle



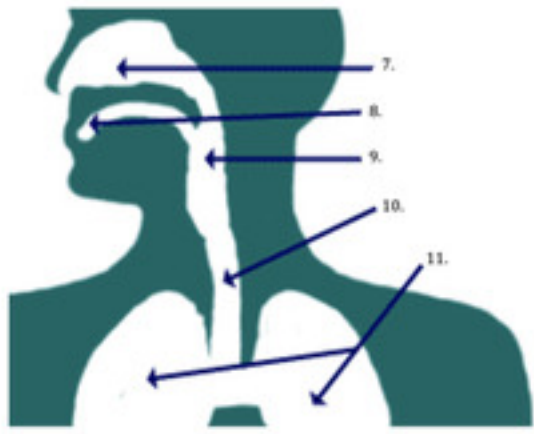
Look at the heart diagram in the picture. You can click it to make it bigger. #4 is pointing to what part of the heart?

- ☐ Aorta
- ☐ Pulmonary Artery
- ☐ Right Atrium
- ☐ Right Ventricle



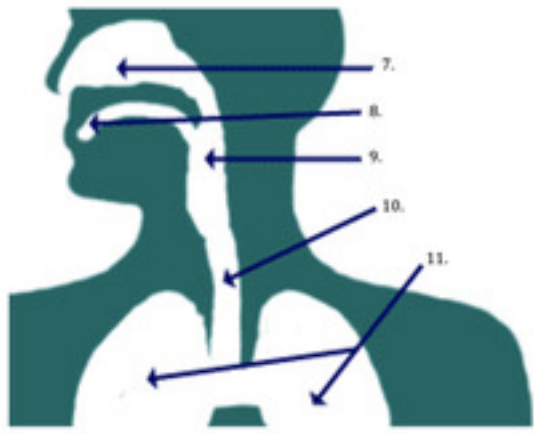
Quiz

Section 2



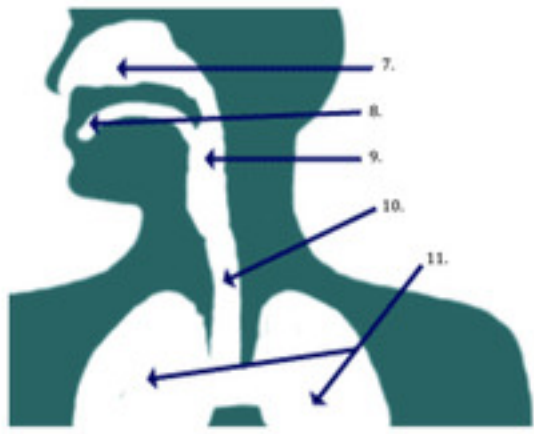
Look at this picture, you can click it to make it bigger. What is #7 pointing to?

- ☐ trachea
- ☐ lungs
- ☐ nose
- ☐ mouth



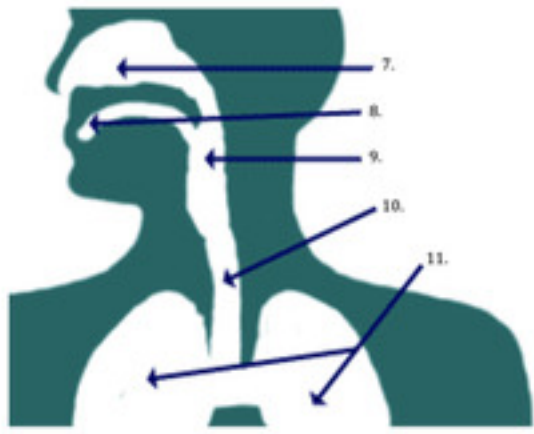
Look at this picture, you can click it to make it bigger. What is #8 pointing to?

- ☐ trachea
- ☐ lungs
- ☐ nose
- ☐ mouth




Look at this picture, you can click it to make it bigger. What is #10 pointing to?

- ☐ trachea
- ☐ lungs
- ☐ nose
- ☐ mouth



Look at this picture, you can click it to make it bigger. What is #11 pointing to?

- ☐ trachea
- ☐ lungs
- ☐ nose
- ☐ mouth

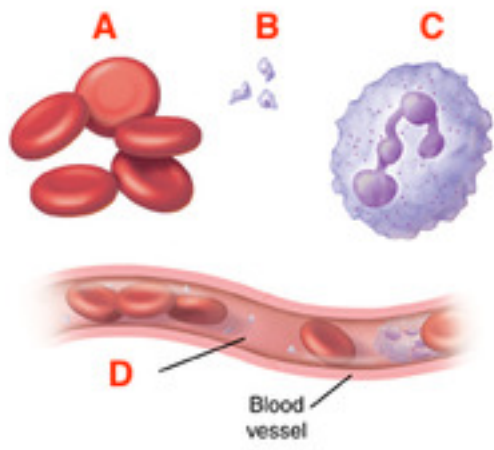


Quiz

Section 3

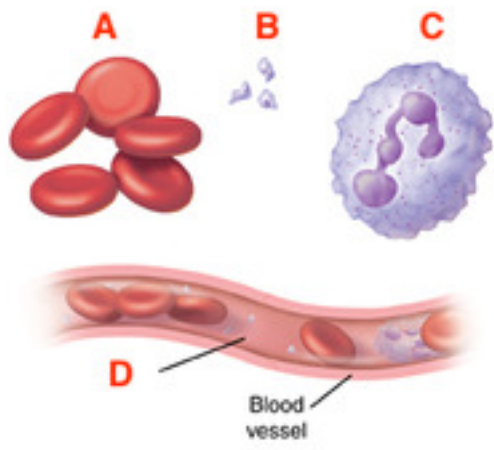
Compared to an artery, the wall of a vein differs in which of the following ways?

- ☐ Veins have thicker walls
- ☐ Veins have thinner walls
- ☐ Arteries have valves
- ☐ Veins are much deeper



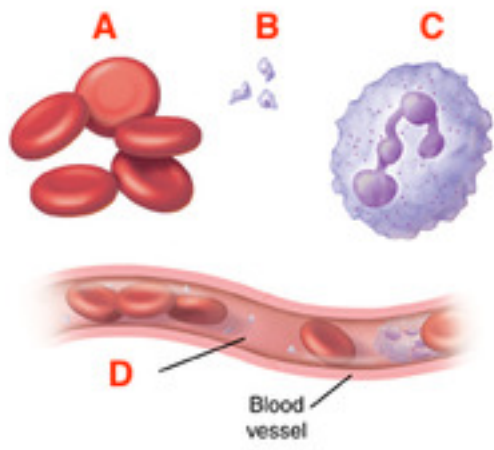
This picture shows the components of blood. What does letter A show?

- ☐ Plasma
- ☐ Platelets
- ☐ Red blood cells
- ☐ White blood cells



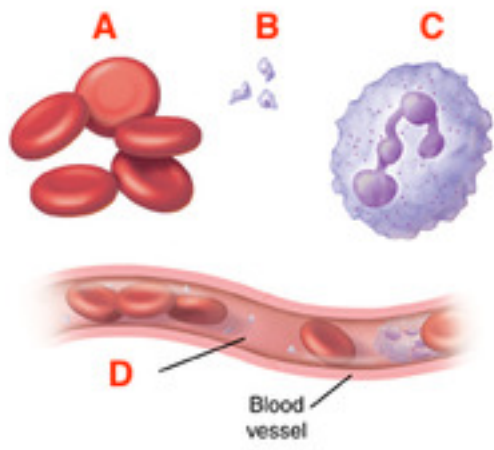
This picture shows the components of blood. What does letter B show?

- ☐ Plasma
- ☐ Platelets
- ☐ Red blood cells
- ☐ White blood cells



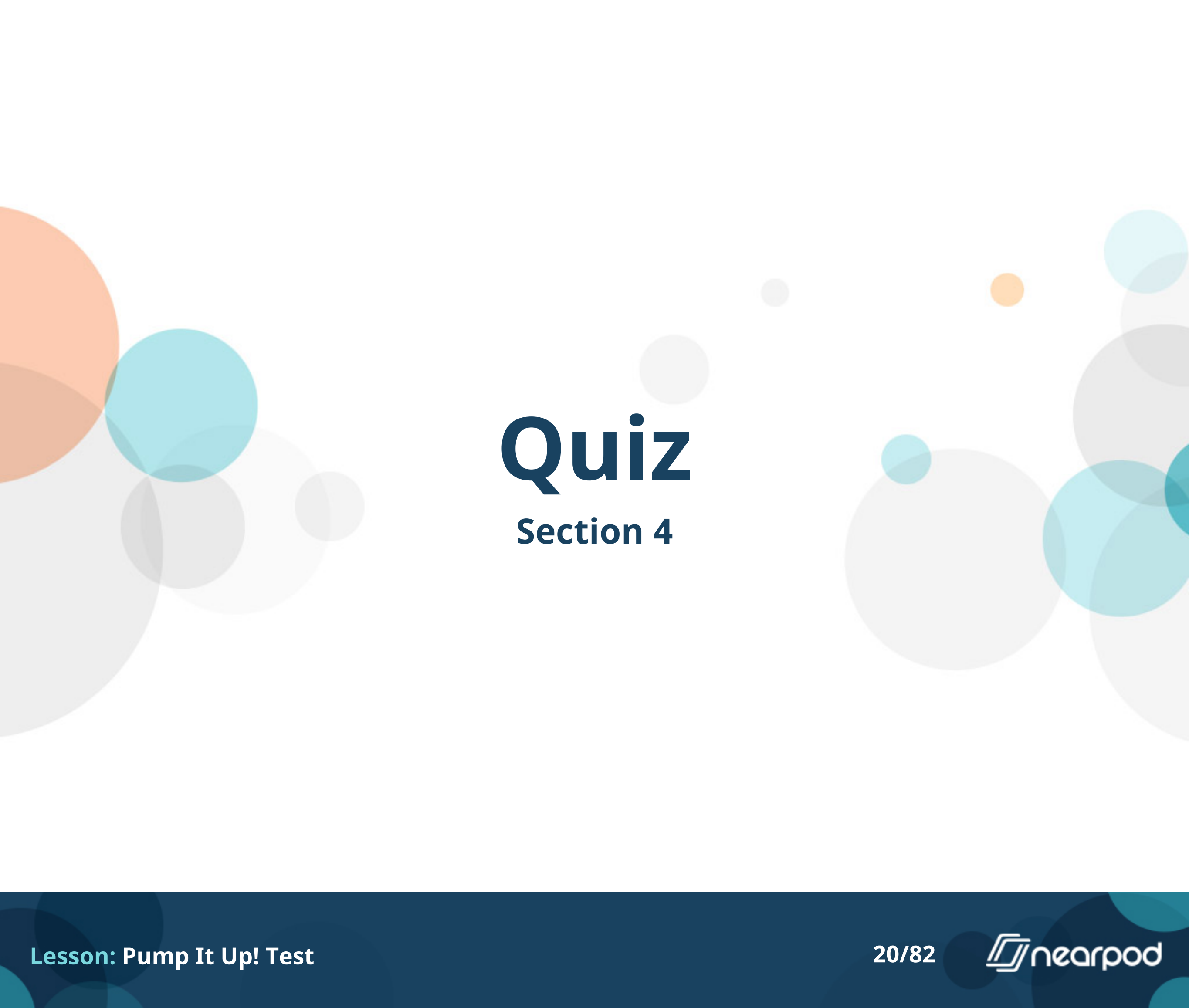
This picture shows the components of blood. What does letter C show?

- ☐ Plasma
- ☐ Platelets
- ☐ Red blood cells
- ☐ White blood cells



This picture shows the components of blood. What does letter D show?

- ☐ Plasma
- ☐ Platelets
- ☐ Red blood cells
- ☐ White blood cells



Quiz

Section 4

When will your pulse rate be highest?

- ☐ When you are sleeping
- ☐ On a long car trip
- ☐ After jumping rope 30 times in gym class
- ☐ While you are eating lunch



This boy can only hold his breath for about 30 seconds because his body need a constant supply of what from the air?

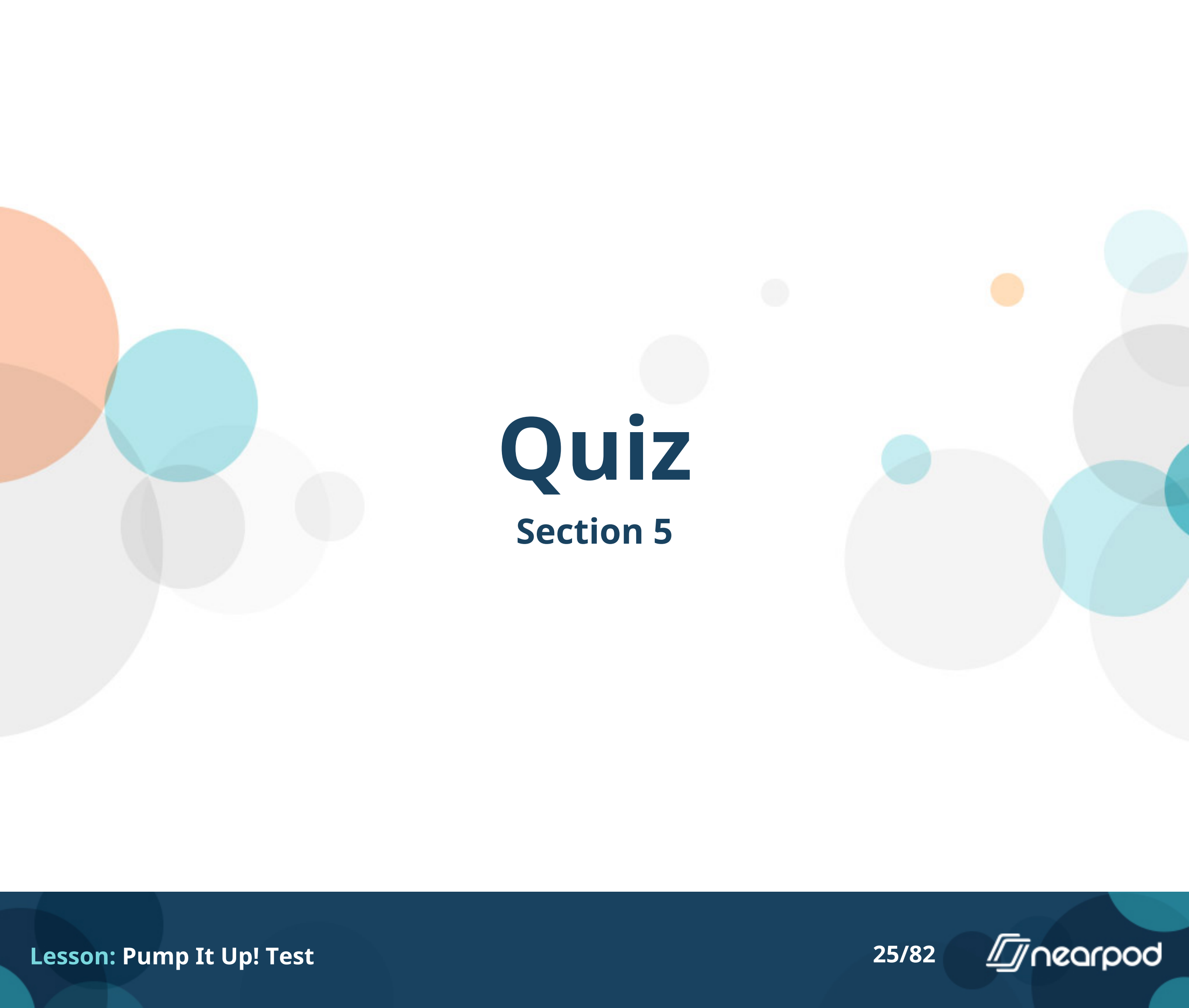
- ☐ carbon dioxide
- ☐ helium
- ☐ nitrogen
- ☐ oxygen

There is a very important metal in your blood which helps make your red blood cells.
What is it called?

- ☐ calcium
- ☐ iron
- ☐ potassium
- ☐ zinc

Approximately how big is your heart?

- ☐ The size of your foot
- ☐ The size of a golf ball
- ☐ The size of your fist
- ☐ The size of a football



Quiz

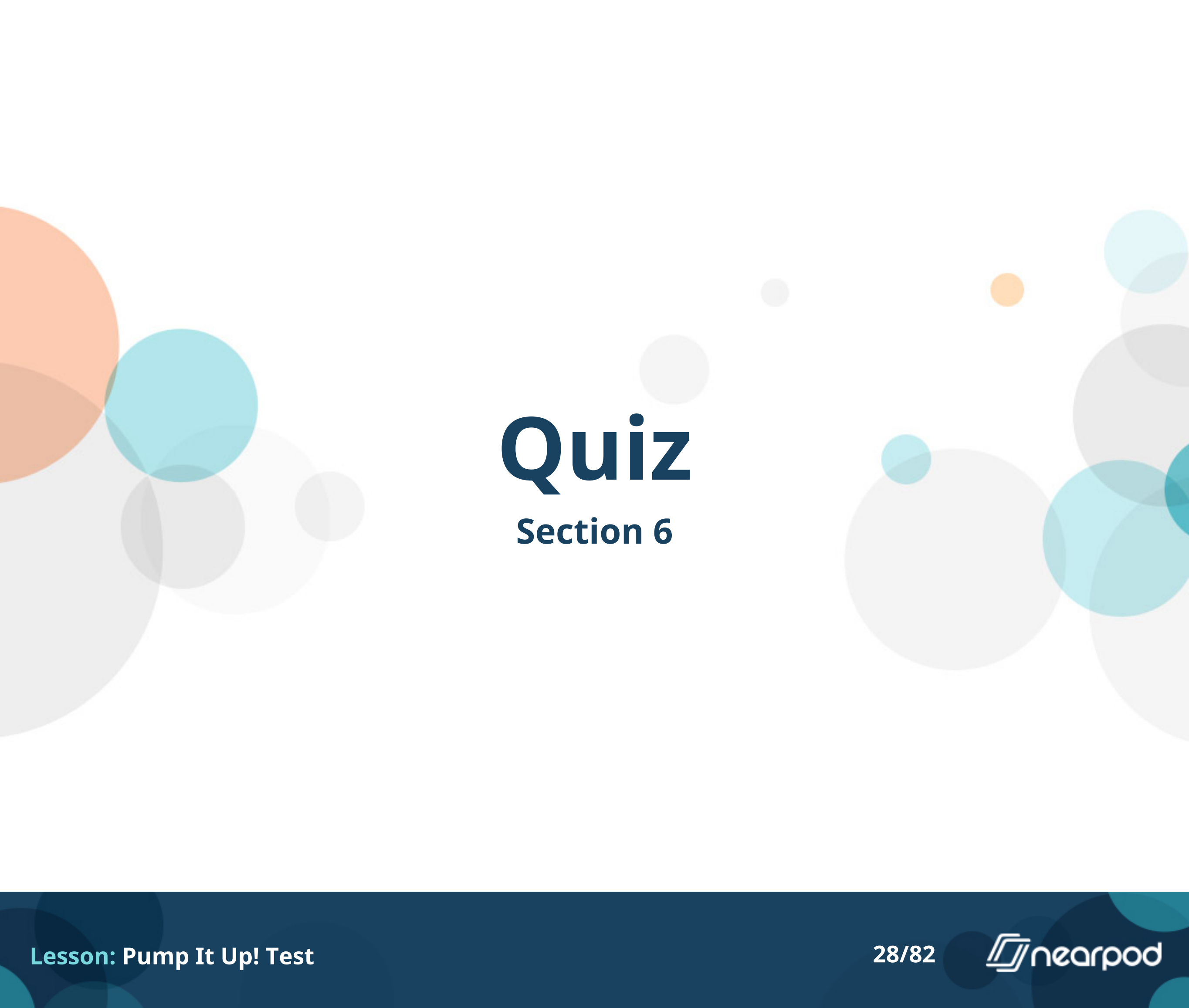
Section 5

Which of the following is the correct pathway of blood through the heart and lungs?

- From the body ->Aorta ->Right Ventricle->Right Atrium->Pulmonary Veins->Lungs ->Pulmonary Artery->Left ventricle->Left Atrium->Superior Vena Cava ->body
- From the body ->Pulmonary Artery ->Right Atrium->Left Atrium -> Pulmonary Veins->Lungs -> Superior Vena Cava -> Right Ventricle->Left ventricle->Aorta ->body
- From the body -> Superior Vena Cava -> Right Atrium -> Right Ventricle -> Pulmonary Artery ->Lungs -> Pulmonary Veins -> Left Atrium -> Left ventricle -> Aorta ->body
- From the body -> Pulmonary Veins-> Left Atrium-> Left ventricle-> Pulmonary Artery->Lungs ->Superior Vena Cava-> Right Atrium-> Right Ventricle-> Aorta -> body

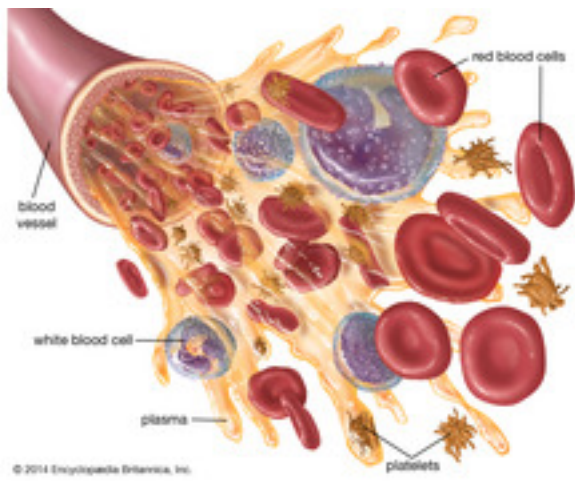
What color is oxygenated blood?

- ☐ blue
- ☐ clear
- ☐ purple
- ☐ red



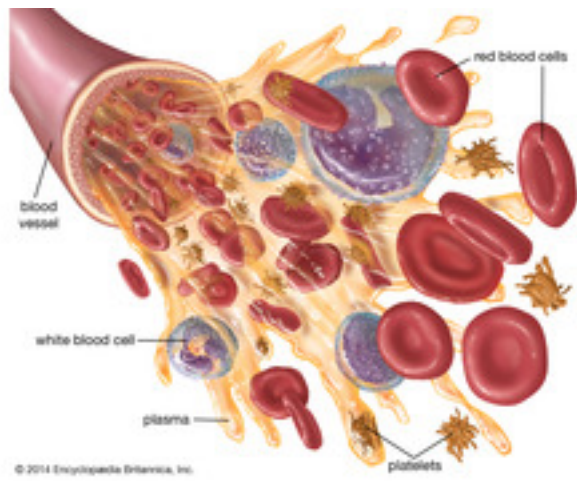
Quiz

Section 6



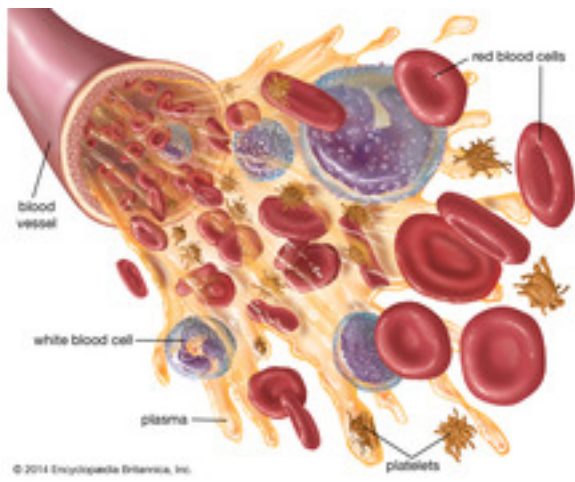
Which of the following is responsible for clotting?

- ☐ red blood cells
- ☐ white blood cells
- ☐ platelets
- ☐ plasma



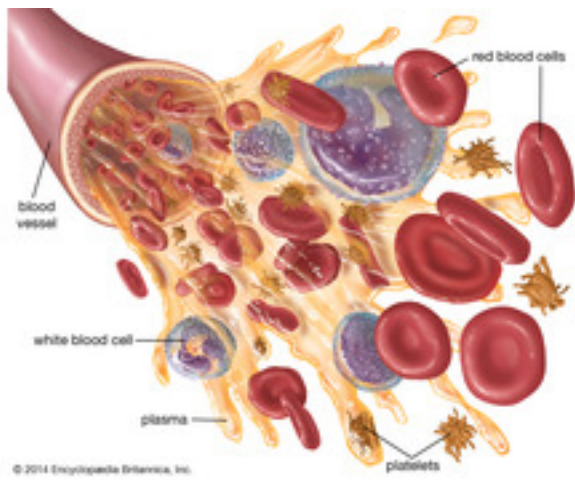
Which of the following is composed mostly of water, it is the portion of the blood in which all other parts are suspended?

- ☐ red blood cells
- ☐ white blood cells
- ☐ platelets
- ☐ plasma



Which of the following's primary function is fighting infection or other foreign objects in the body?

- ☐ red blood cells
- ☐ white blood cells
- ☐ platelets
- ☐ plasma

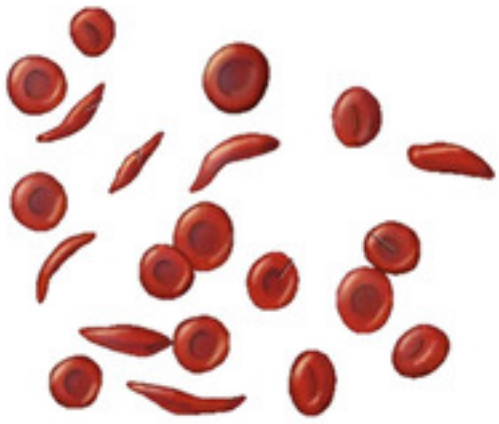


Which of the following carries hemoglobin to which oxygen attaches and is then distributed to body tissues?

- ☐ red blood cells
- ☐ white blood cells
- ☐ platelets
- ☐ plasma

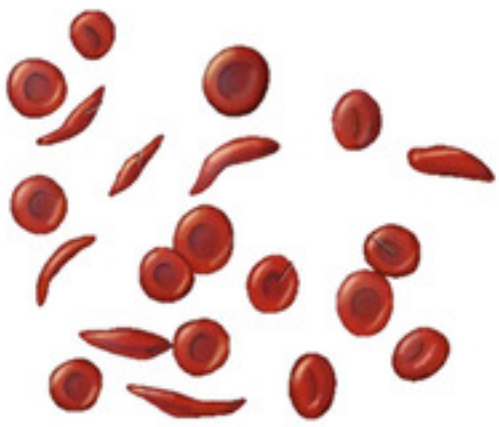
Quiz

Section 7



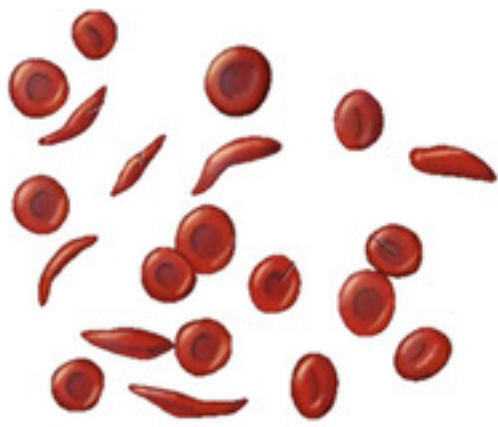
Identify the disease pictured here.

- ☐ atherosclerosis
- ☐ cystic fibrosis
- ☐ sickle cell anemia



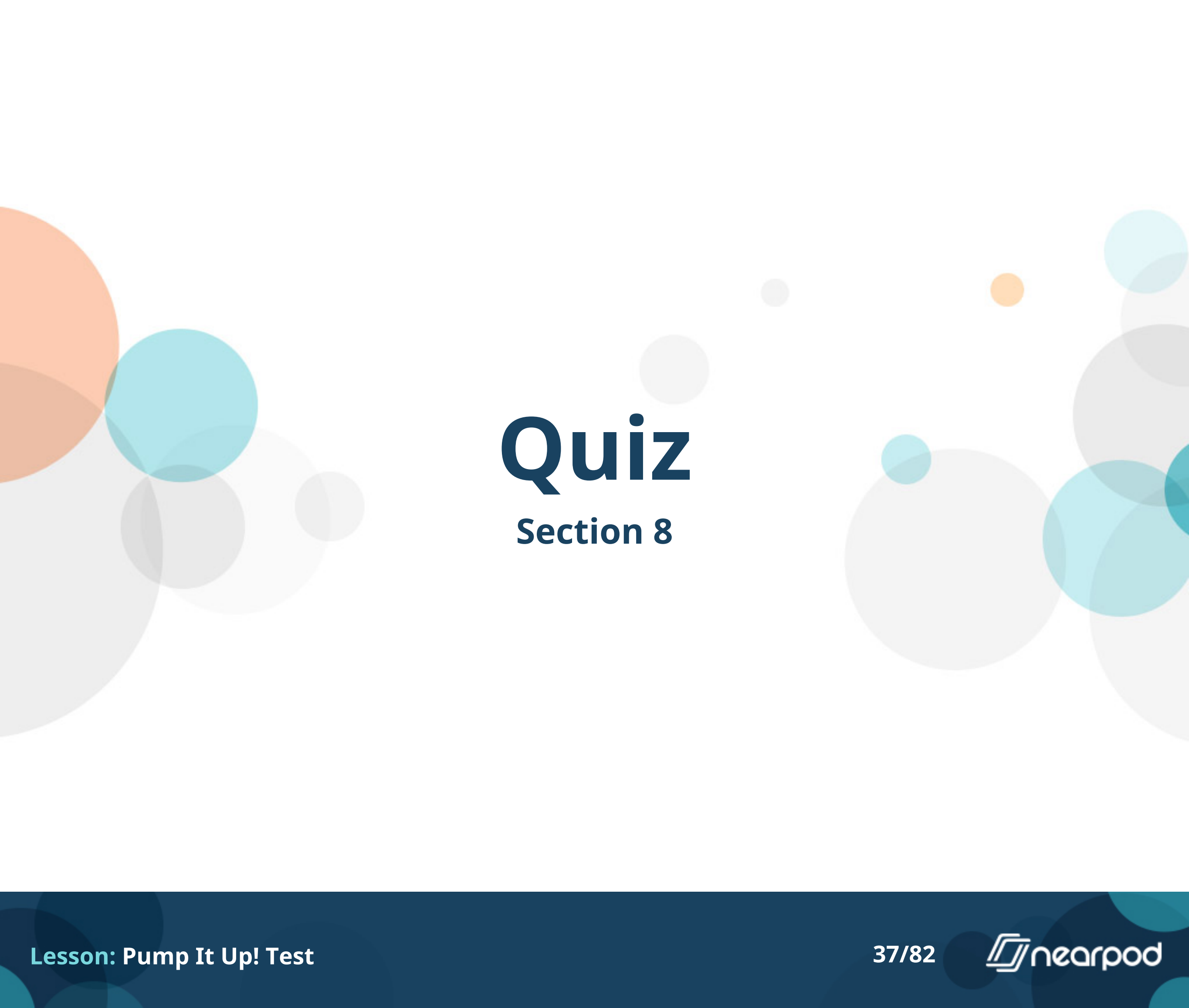
Do environmental or genetic factors cause this disease?

- ☐ environmental
- ☐ genetic



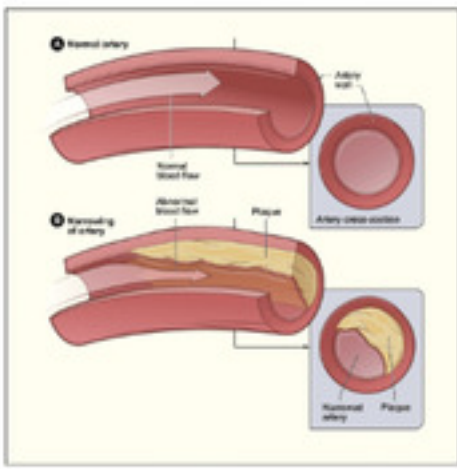
Which of the following are treatments for this disease?

- ☐ Medications
- ☐ Exercise
- ☐ Blood transfusions
- ☐ Stem cell transplants



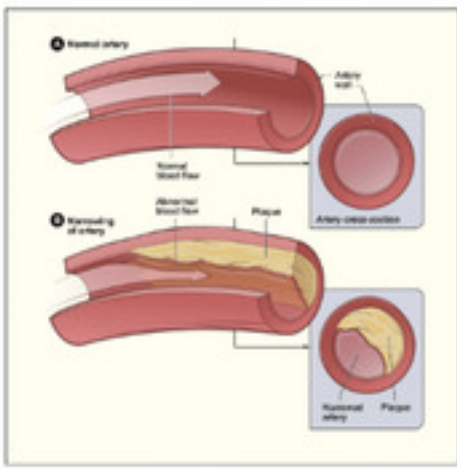
Quiz

Section 8



Identify the disorder shown.

- ☐ asthma
- ☐ atherosclerosis
- ☐ cystic fibrosis



Which of these is NOT a way to lower your risk for developing this disorder.

- ☐ change your diet
- ☐ do not smoke
- ☐ exercise several times a week
- ☐ get gene therapy


The force of blood on the walls of the arteries is known as :

- ☐ blood pressure
- ☐ heart rate
- ☐ pulse
- ☐ respiratory rate



Which pair of lungs shown are healthy lungs – the left or the right?

- ☐ left
- ☐ right



Quiz

Section 9



The Big Bad Wolf has just arrived at the doctor. "I just can't huff and puff like I used to, doc! I can't even blow down a straw house any more." After some tests, the doctor has found that airways and air sacs in the wolf's lungs have lost their elastic quality, the walls between many of the air sacs were destroyed, and the remaining walls of the air sacs have become thick and inflamed. What diagnosis will the doctor give the Wolf?

- ☐ cystic fibrosis
- ☐ COPD
- ☐ lung cancer



What is the most common risk factor for this disease?

- ☐ diet
- ☐ exercise
- ☐ genetics
- ☐ smoking

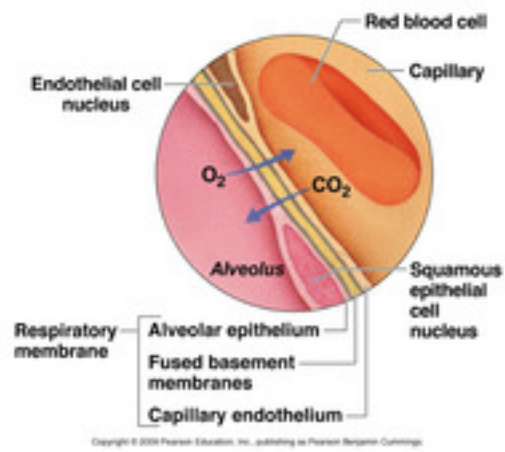
This disease includes two main disorders. Select the two from the list below.

- ☐ Asthma
- ☐ Chronic bronchitis
- ☐ Emphysema
- ☐ Hypersensitivity Pneumonitis



Quiz

Section 10



The process shown occurs in which structure of the respiratory system?

- ☐ diaphragm
- ☐ lungs
- ☐ nose
- ☐ trachea

Which structure in the respiratory system is responsible for the breathing process (the movement of air in and out)?

- ☐ diaphragm
- ☐ lungs
- ☐ nose
- ☐ trachea

During an episode of this disease, the passageways in the lungs are inflamed and produce mucus, causing difficulty breathing.

- ☐ asthma
- ☐ lung cancer
- ☐ emphysema

Which of these environmental conditions would NOT make the disorder worse?

- ☐ dust
- ☐ smoke
- ☐ allergens
- ☐ low humidity

Which of these is NOT a treatment for the disorder?

- ☐ Avoiding triggers
- ☐ Intense exercise
- ☐ Quick-relief medicines
- ☐ Long-term control medicines



Quiz

Section 11



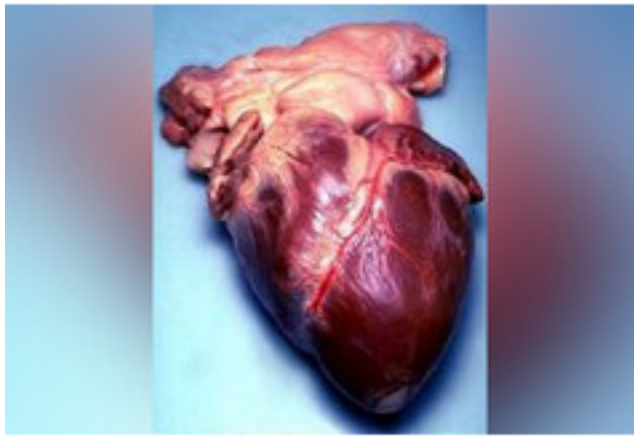
Name which system each of the pictures belongs to.

- ☐ Circulatory
- ☐ Respiratory



Name which system each of the pictures belongs to.

- ☐ Circulatory
- ☐ Respiratory



Name which system each of the pictures belongs to.

- ☐ Circulatory
- ☐ Respiratory



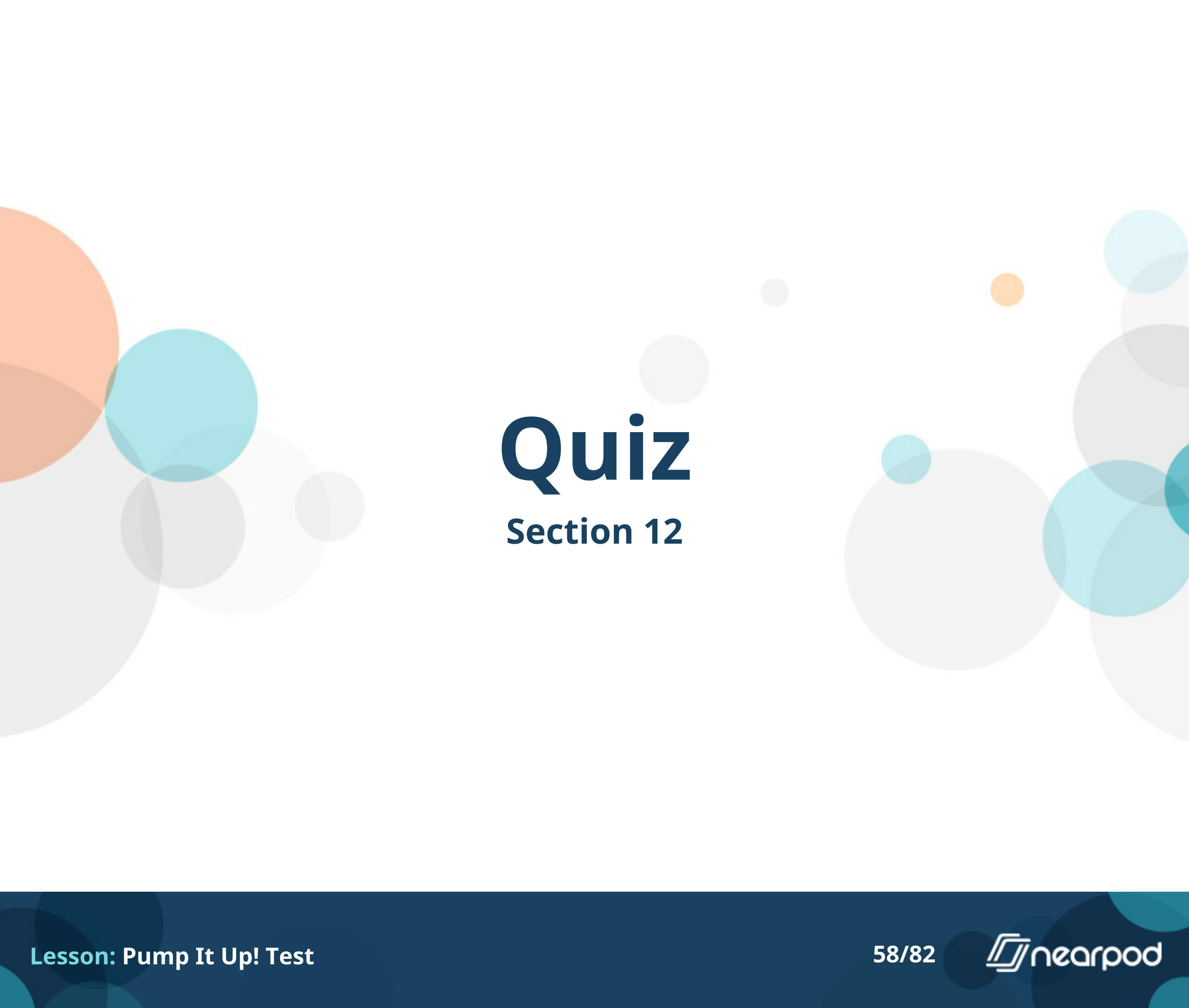
Name which system each of the pictures belongs to.

- ☐ Circulatory
- ☐ Respiratory



Name which system each of the pictures belongs to.

- ☐ Circulatory
- ☐ Respiratory



Quiz

Section 12



What is the most likely disease presented in the X-Ray?

- ☐ cystic fibrosis
- ☐ lung cancer
- ☐ asthma



What is the leading cause of this disease?

- ☐ smoking
- ☐ genetics
- ☐ unhealthy diet



This picture shows models of 2 different people's blood. Which person is most likely sick?

- ☐ Patient A (left)
- ☐ Patient B (right)

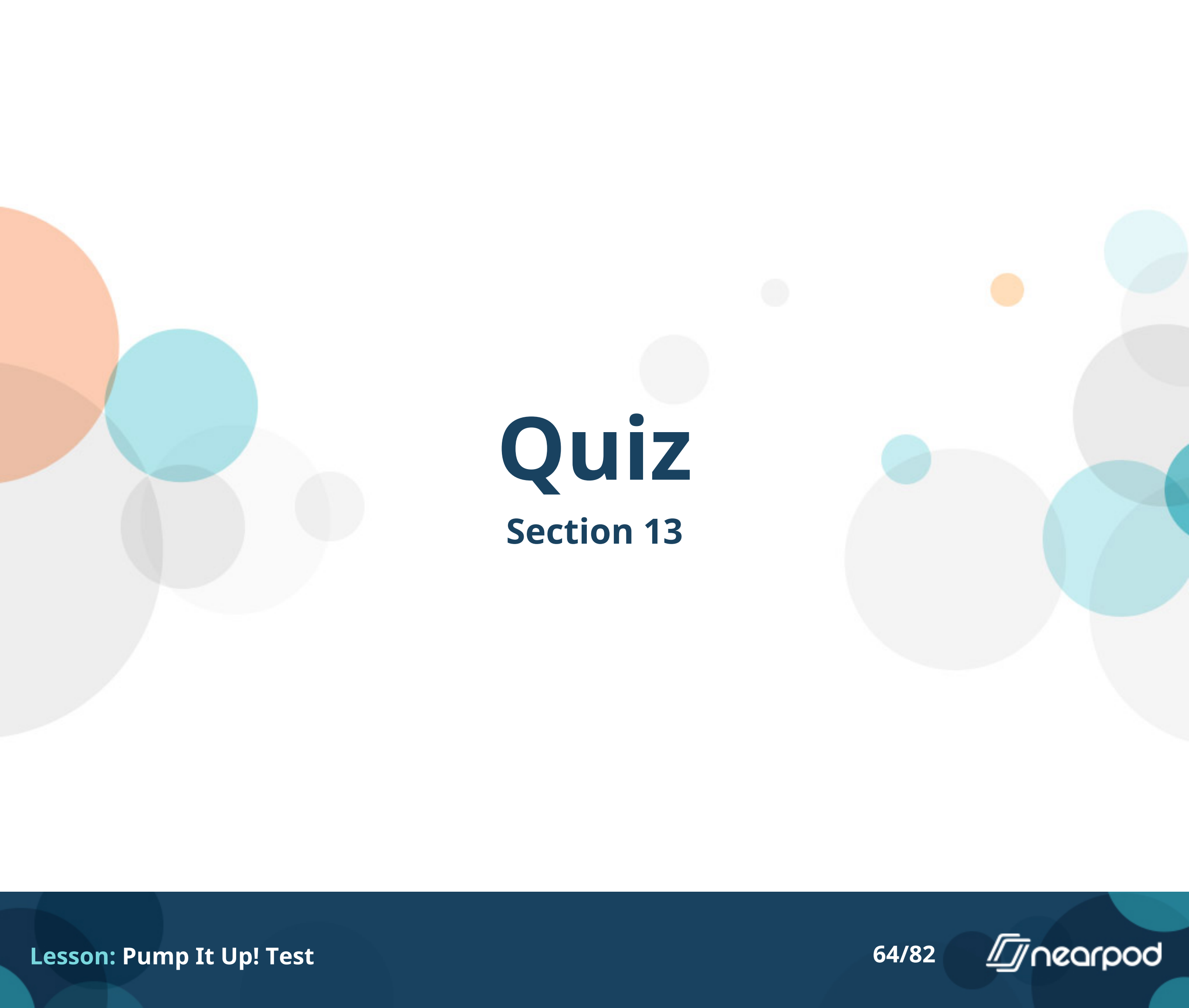


How can you tell?

- ☐ extra platelets
- ☐ extra red blood cells
- ☐ extra white blood cells
- ☐ plasma color is murky

If a patient's blood does not have enough platelets, what problems might this cause?

- ☐ Trouble with prolonged bleeding from cuts
- ☐ Low oxygen levels in the blood
- ☐ Unable to fight infection
- ☐ Poor kidney function



Quiz

Section 13

Which system of the body does cardiovascular disease affect?

- ☐ Digestive system
- ☐ Circulatory system
- ☐ Respiratory system
- ☐ Skeletal system

The heart is divided into how many chambers?

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

What parts of the heart act like doors to control blood flow in the heart?

- ☐ arteries
- ☐ capillaries
- ☐ valves
- ☐ veins

Which blood vessels carry blood away from the heart?

- ☐ arteries
- ☐ capillaries
- ☐ valves
- ☐ veins

Quiz

Section 14

Which of the following is a function of the respiratory system?

- ☐ gas exchange
- ☐ absorption of nutrients
- ☐ transport of oxygen
- ☐ structural support

When the diaphragm contracts (is pulled downward), _____ occurs.

- ☐ inhalation
- ☐ exhalation
- ☐ a hiccup
- ☐ lung deflation

Which chambers of the heart are the thickest and strongest?

- ☐ Atria
- ☐ Valves
- ☐ Ventricles
- ☐ Aorta

Which is NOT a function of the circulatory system?

- ☐ deliver O₂ and nutrients to cells
- ☐ break down carbohydrates into glucose
- ☐ remove CO₂ and wastes from cells
- ☐ transport other materials through body

Arteries, veins, and capillaries are three types of _____

- ☐ cells
- ☐ valves
- ☐ veins
- ☐ blood vessels



Quiz

Section 15

When you breathe, your lungs take in ___ and remove ___.

- ☐ air/oxygen
- ☐ oxygen/carbon dioxide
- ☐ carbon dioxide/waste
- ☐ waste/air

What is the purpose of the little hairs inside the nose?

- ☐ They fight disease.
- ☐ To tickle the nose and cause sneezes.
- ☐ They serve no purpose.
- ☐ To keep dust and foreign particles out of the lungs.

Why would someone need a blood transfusion?

- ☐ for a paper cut
- ☐ for a major trauma
- ☐ for fun
- ☐ to improve their skin tone

Plaque build-up in arteries and veins is primarily caused by

- ☐ Cholesterol found in fatty foods
- ☐ Proteins found in meat.
- ☐ Sugar found in cakes and candies
- ☐ Fiber found in fruits and vegetables.