

Vidya Bhawan Balika Vidyapith

Lakhisarai

Sub. Physical edu. , Class 11th

BASED ON NCERT

CHAPTER 8

FUNDAMENTALS OF ANATOMY AND PHYSIOLOGY

LONG ANSWER QUESTIONS (150 WORDS) CARRYING 5 MARKS)

1. What are the functions of blood?

- Ans.** Important functions of blood are given as under:
- i. Transport of oxygen from the lungs to the tissues and carbon dioxide from the tissues to the lungs.
 - ii. It carries food material absorbed from the intestines to the tissue, cells for growth, energy and repair process.
 - iii. It carries the waste products of cellular activity and carries them to kidneys, lungs and intestines for excretion.
 - iv. It carries hormones, vitamin and other chemicals to the place of need.
 - v. It helps to maintain water balance in the body.
 - vi. It regulates the body temperature.
 - vii. White blood cells of the blood acts as a defensive mechanism

2. What are the functions of skeletal system?

- Ans.** Main functions of skeletal system are given below.
- i. **Shape and structure:** The boney framework gives human being its shape and structure like tall or small, thin or stout.

- ii. **Support:** it gives support to the body that comes out as a human body. The bones provide support to our muscular system.
- iii. **Protection:** bones protect our vital organs. Example: skull protects brain, thoracic cage protects heart, lungs and pancreas.
- iv. **Lever:** bones act as a lever like a simple machine. For example while lifting a weight, movable joints like elbow joint acts like fulcrum and length of arm bone acts like crow bar to reduce effort and helps to lift weight.
- v. **Store house:** The hollow space of bones acts like a storehouse of different minerals and salts like calcium, potassium, iron, etc.
- vi. **Production of RBCs:** red blood cells are produced in the bone marrow. It is the factory to produce RBCs.
- vii. **Junction :** bones provide junction or attachment to skeletal muscle that helps in visible movement.
- viii. **Self repair:** Whenever bones are damaged, they are capable of doing self repair.

3. Explain the structure of heart with the help of diagram.

Ans. The human heart is a four- chambered muscular organ, shaped and sized roughly like a man's closed fist with two- thirds of the mass to the left of midline.

Internal View of the Heart

