



Biology

AS / A Level Year 1 | OCR A | H020/H420

2015 specification
first exams in 2017 (2016 for AS)



PowerPoints & Worksheets

for AS / A Level (Year 1) OCR A Biology

Module 3: Exchange and Transport

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Appendix: Printed handouts of the PowerPoint presentations	(47 pages)

Teacher’s Introduction

This resource supports delivery and learning of OCR AS / A Level (Year 1) Module 3 (Exchange and Transport).

The prescribed theory is broken down into 15 topic areas:

3.1.1	Surface Area and Exchange
3.1.2	Gaseous Exchange in the Lungs
3.1.3	Measuring Breathing
3.1.4	Ventilation in Other Animals
3.2.1	Types of Circulatory System
3.2.2	Blood Vessels
3.2.3	The Mammalian Heart
3.2.4	How the Heart Beats: The Cardiac Cycle

3.2.5	Initiation and Coordination of the Heartbeat
3.2.6	Haemoglobin
3.3.1	Looking at Vascular Tissue
3.3.2	Transpiration
3.3.3	Water Uptake and the Transpiration Stream
3.3.4	Water, Climate and Adaptation
3.3.5	Translocation

For each of the topic areas listed above, there is the following:

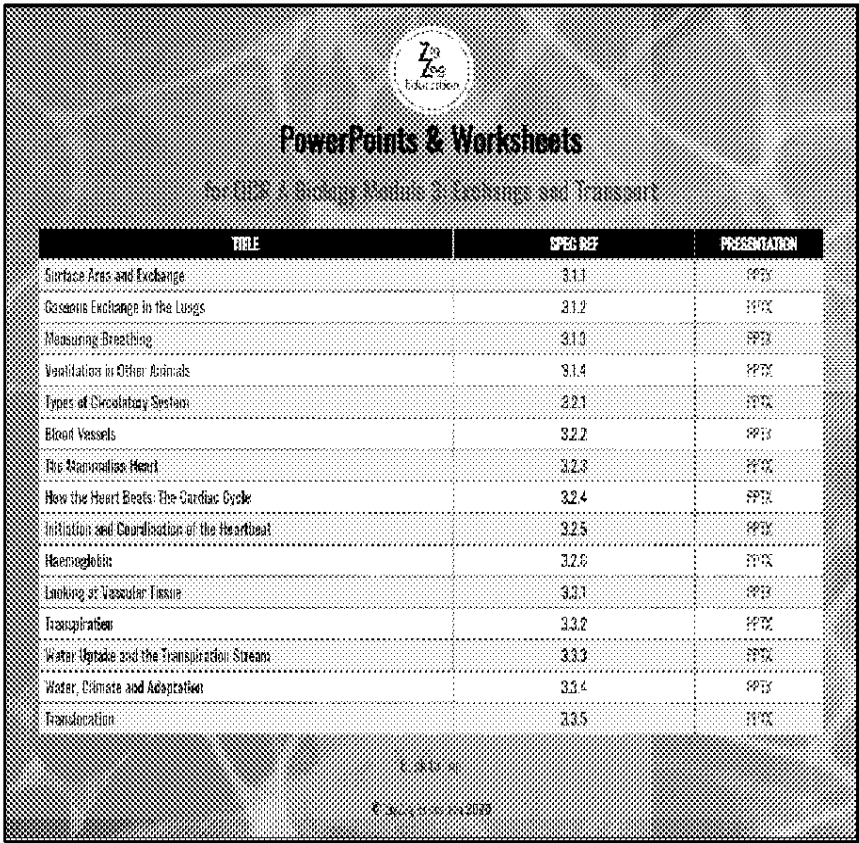
- 1. A comprehensive PowerPoint presentation provided on CD, covering the topic theory. Packed with student-friendly notes, diagrams and images.

Providing easy access to the presentations is an HTML menu.

Tip: copy the Module3 folder from the CD to an accessible network location and provide a link/shortcut to the index.html file inside it.

- 2. Matching worksheets designed to develop both understanding and application of the presentation content.

These worksheets feature a range of activities, including diagram labelling/annotation, definition matching and gap-filling exercises.



TITLE	SLIDE NO.	PRESENTATION
Surface Area and Exchange	3.1.1	PP1.ppt
Gaseous Exchange in the Lungs	3.1.2	PP2.ppt
Measuring Breathing	3.1.3	PP3.ppt
Ventilation in Other Animals	3.1.4	PP4.ppt
Types of Circulatory System	3.2.1	PP5.ppt
Blood Vessels	3.2.2	PP6.ppt
The Mammalian Heart	3.2.3	PP7.ppt
How the Heart Beats: The Cardiac Cycle	3.2.4	PP8.ppt
Initiation and Coordination of the Heartbeat	3.2.5	PP9.ppt
Haemoglobin	3.2.6	PP10.ppt
Looking at Vascular Tissue	3.3.1	PP11.ppt
Transpiration	3.3.2	PP12.ppt
Water Uptake and the Transpiration Stream	3.3.3	PP13.ppt
Water, Climate and Adaptation	3.3.4	PP14.ppt
Translocation	3.3.5	PP15.ppt

Answers for every worksheet, plus printed handouts for every presentation, are provided at the back of this resource.

October 2020

3.1 – Exchange Surfaces

3.1.1 – Surface Area and Exchange

1. The following table contains five different sized spheres, each representing an animal. Use the table to work out the surface area, volume and surface area to volume (SA:V) ratio for each.

surface area of a sphere = $4 \pi r^2$

volume of a sphere = $\frac{4}{3} \pi r^3$

Radius (mm)	1	2	4
Surface area (mm ²)			
Volume (mm ³)			
SA:V			

2. In the table above, how has each measure been affected by size?

Surface area:

.....

Volume:

.....

Surface area to volume ratio (SA:V):

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3. Using the data on size of spheres, suggest what effect an increase in size might have on specialist exchange surfaces in larger animals.

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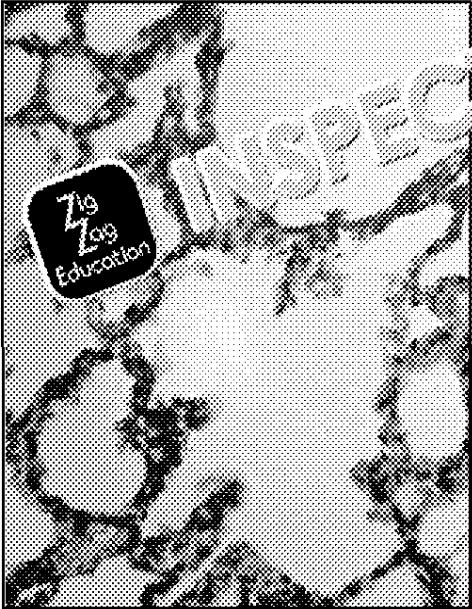
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4. Fill in the gaps to explain how lung tissue is adapted to its function.

Lungs



The lungs have a very large surface area _____ or air sacs.

_____ are made of _____

_____ which is _____

_____ provides a short _____

Diffusion gradients are maintained because _____

_____ vascularised, i.e. they have a good _____


_____ and they are ventilated, so waste _____

_____ are removed and a concentration _____

_____ is maintained.

5. Open Extension: choose an exchange surface not listed above – e.g. gills of fish or the leaves of flowering plants

Research the exchange surface you have chosen, and explain how it is adapted to its function.



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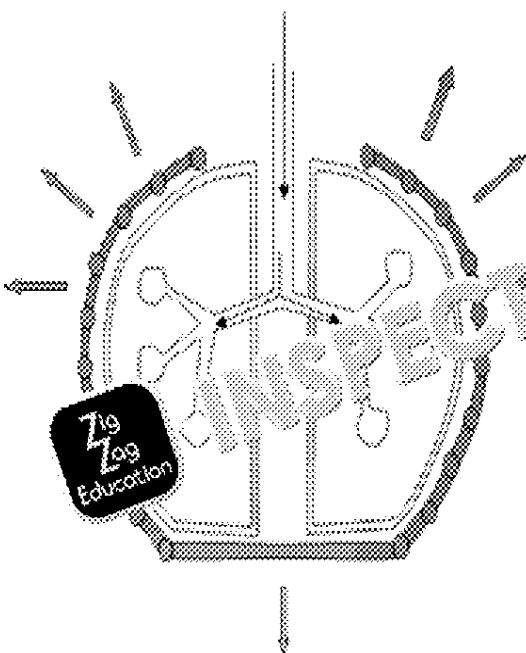


3.1.2 – Gaseous Exchange in the L

1. List and describe the features of the human (mammalian) lung that make it a
2. The following micrograph shows a section of trachea. Label it to show the c
- cartilage, smooth muscle and elastic tissue / blood vessels.



3. Fill in the gaps to complete the paragraph.

<p>Inspiration</p>  A diagram illustrating the process of inspiration. It shows a cross-section of the thoracic cavity. The rib cage is shown expanding outwards and upwards, indicated by arrows. The diaphragm is shown contracting and moving downwards, also indicated by arrows. The lungs are shown expanding within the thoracic cavity. A watermark 'Zig Zag Education' and 'INSPECTION COPY' are visible over the diagram.	<p>_____ intercostal</p> <p>ribcage _____ and</p> <p>The diaphragm contracts, pulling it</p> <p>shape to a flattened shape.</p> <p>The combined effect of these actions</p> <ul style="list-style-type: none">• volume of the thorax and lungs• pressure is _____lungs lower than atmospheric p• air enters, travelling down the
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4. Suggest two reasons why it is important that alveoli are moist.

- 1.
- 2.

5. Extension: The bronchioles of a person with asthma have more smooth muscle and larger numbers of goblet cells.

During an asthma attack, histamine is released by the bronchiolar epithelial cells causing contraction and mucus secretion. Suggest why this might cause difficulty in the exchange of respiratory gases.

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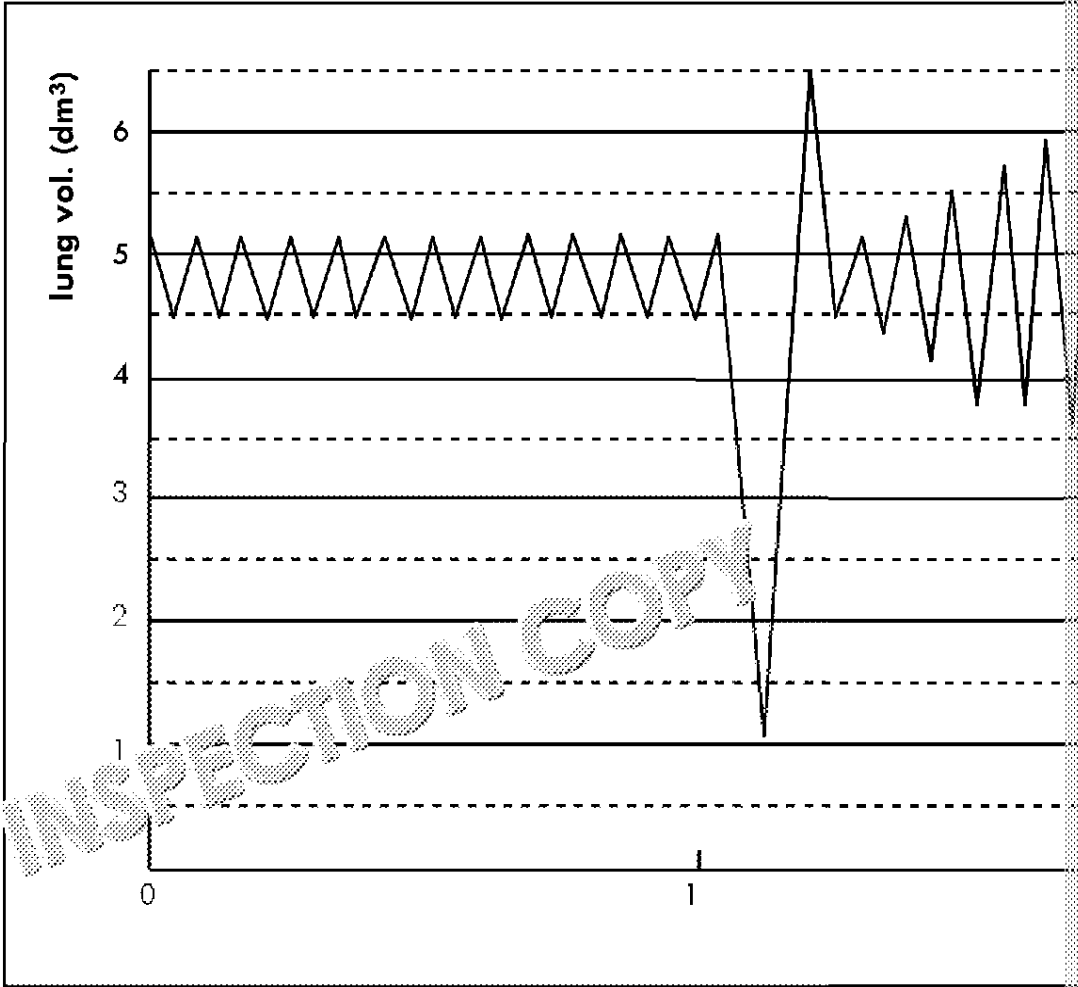
3.1.3 – Measuring Breathing

1. Leah is an aspiring athlete. When measured at rest, she takes 11 breaths per minute. Her ventilation rate is 6.05 dm³ min⁻¹. Calculate Leah’s tidal volume.

2. Complete the table to include lung volume terms and definitions.

Term	Definition
	The amount of air exchanged in a single breath is 500 cm ³ (0.5 dm ³)
Expiratory reserve volume	
	The additional volume of air that can be inhaled after a normal inspiration
Vital capacity	

3. Haseeb is an extra-curricular student who has used a spirometer to measure his breathing. The graph below shows lung volume over time.



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Use the graph on the previous page to estimate:

i) Haseeb’s tidal volume.

.....

ii) Haseeb’s vital capacity.

.....

iii) Haseeb’s breathing rate (per minute).

.....



4. How is oxygen consumption visible on a kymograph?

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5. Extension:

i) Some of the inhaled air does not actually reach the exchange surfaces. Give an explanation for this.

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ii) Bearing in mind your answer to question i), suggest why there is a limit to the time that can be used by swimmers.

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3.1.4 – Ventilation in Other Animals

1. Summarise the key features that make the gills of a bony fish efficient at gas exchange

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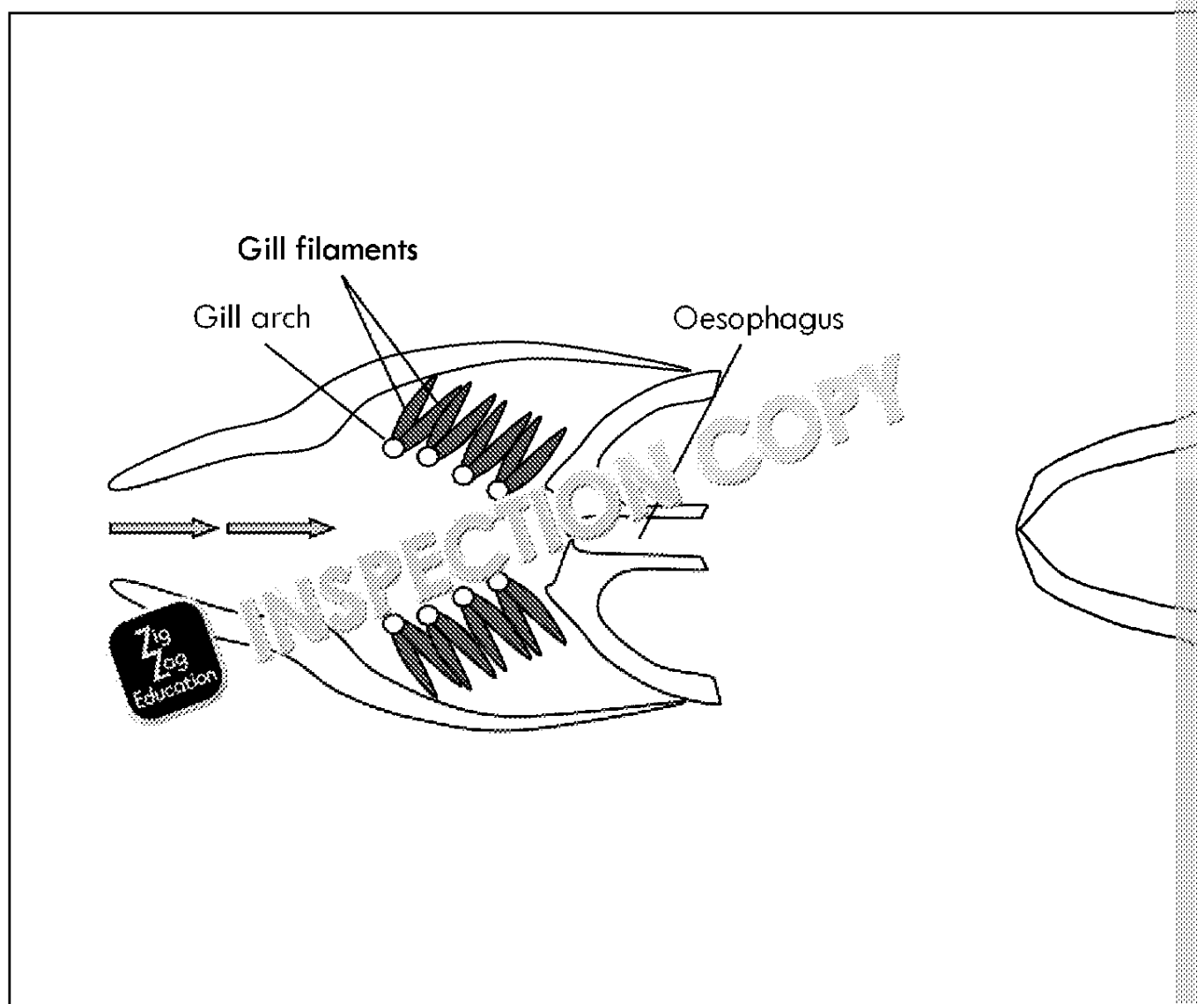
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2. Annotate the diagram to explain what is happening and how pressure is changed



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3. Match the terms to the definitions. Two of the terms have no definition. Write the unpaired terms.

Tracheole

Bony flap at the back of a
and aids the p

Operculum

A pore in the skin of an insect is closed to control

Chitin

Many of these protrude from the surface of the brain, forming an area for g

ventilation

Spiracle

Ensures that blood always flows in one direction
relatively narrow

Countercurrent flow

The tough glucose pol
exoskeletons (ar

Gill filament

4. Open Extension: Many scientists think that the tracheal system limits the maximum size of insects. Research this topic and write a couple of paragraphs. (Consider: have insect

3.2 – Transport in Animals

3.2.1 – Types of Circulatory Systems

1. Explain in detail why a mammal requires a more complex and efficient circulatory system.

Zig Zag Education

2. Fill in the gaps to complete the paragraphs.

Organism	Type of System	Brief Description
<div><div><div>Zig Zag Education</div></div><div>Fish</div></div>		<p>The heart has a single _____</p> <p>ventricle. Blood is initially pumped _____ where it _____.</p> <p>It then _____ the body at _____</p> <p>heart as _____</p> <p>inefficient, but meets the energy needs.</p>
<div><div><div>Zig Zag Education</div></div><div>Primate</div></div>		<p>There is separate circulation to the _____</p> <p>(_____ circula _____ circula _____)</p> <p>repressurised in the _____</p> <p>_____ so that _____</p> <p>to tissues and organs.</p>

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3. The diagram to the right shows an amphibian's partial double circulatory system.

Study the diagram, and explain how it is similar to and different from a typical double circulatory system.

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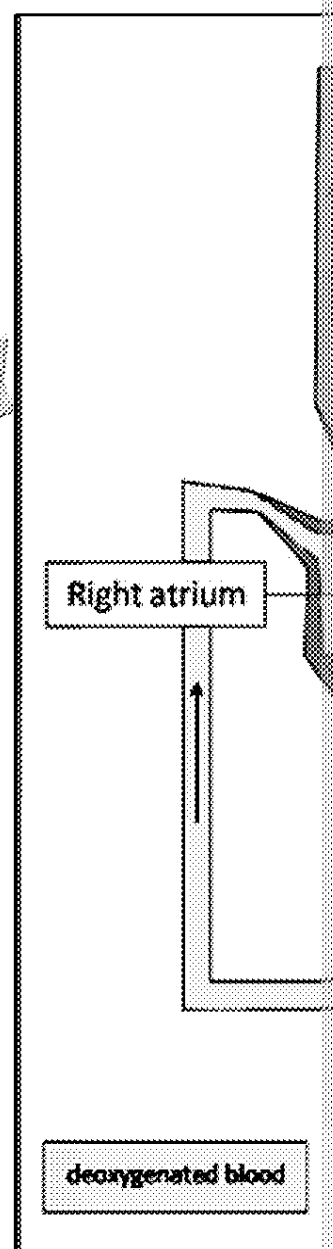
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4. Open Extension: Although octopuses have a closed circulatory system like humans from the human system. Research the octopus circulatory system, and outline

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3.2.2 – Blood Vessels

1. Fill in the table to compare the different types of blood vessel.

Property	Arteries	Veins
Direction of flow		
Blood pressure		
Layers and structure		
Lumen width (relative)		
Valves		

2. Arteries *nearly* always carry oxygenated blood. Which artery provides the ex

3. Identify two reasons why capillaries are so narrow.

-

4. Suggest why veins need valves.

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5. Match the word/phrase to the definition (two of the words/phrases have no match)

Blood pressure	This force pushes outwards on the walls of blood vessels to leave them open
Oncotic pressure	This is made mostly out of proteins in the walls of arteries
Plasma	This force pushes inwards on the walls of blood vessels to return them to their original shape
Connective tissue	The components of the blood that are not cells and may potentially be used for repair
Muscle tissue	All the liquid components of blood such as water, dissolved substances such as glucose and ions
Lymph	
Tissue fluid	

6. Why are some white blood cells found in the tissue fluid but no red blood cells?

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7. Extension: A patient with atherosclerosis has calcified, hardened patches in the arteries which can reduce elasticity. Suggest the effect that this might have, and why it is a problem.

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3.2.3 – The Mammalian Heart

1. Explain why:

- i) Cardiac muscle fibres have many mitochondria.

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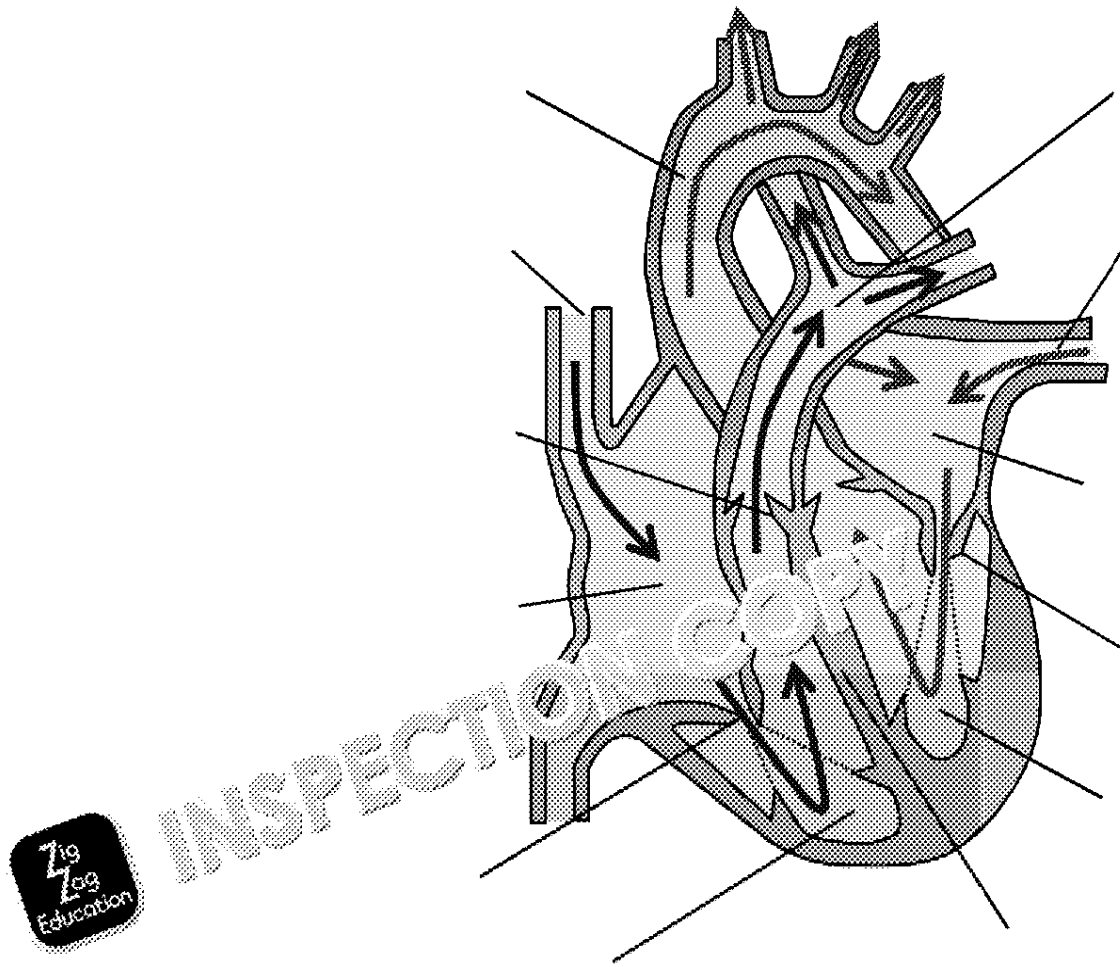
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- ii) The left ventricle has a thicker wall than the right ventricle.

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.....

2. Label the diagram to show the heart's components and the blood vessels connected to it.



3. Describe the purpose of the atrioventricular valves.

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.....

4. Compared to other valves in the blood vessels, what is unusual about the semilunar valves?

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5. Extension: Suggest advantages of cardiac muscle being myogenic, but also being under nervous and hormone system control.

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3.2.4 – How the Heart Beats: The Cardiac Cycle

1. Why is the heart described as a double pump?

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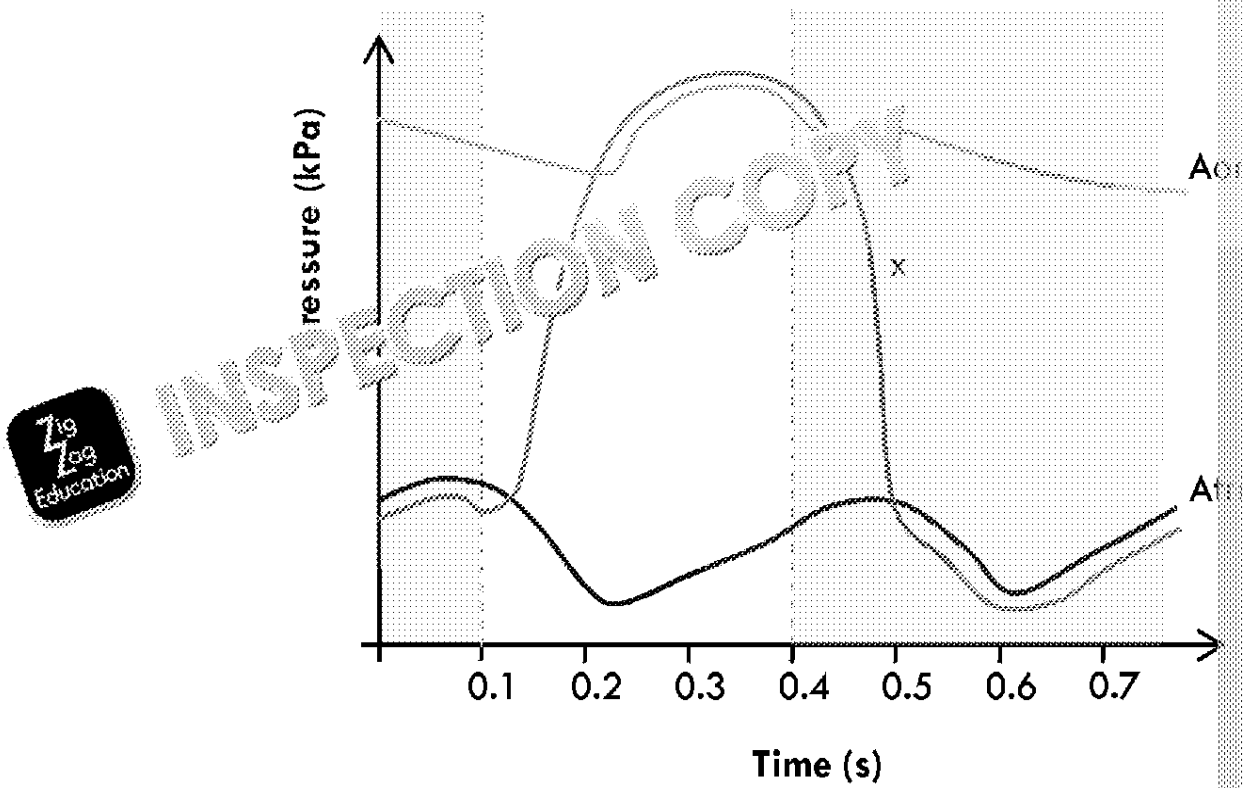
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2. Below is a graph of cardiac pressure in the left side of the heart.

i) What is reflected by line x?

.....

ii) Annotate the graph to show a place where: a semilunar valve opens, the atrioventricular valves close.



3. Why does the aorta start to increase in pressure some time (0.1 s) after the ventricle starts to contract?

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4. Describe the process of events that occurs during diastole.

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5. The trace on the previous page shows one full cardiac cycle for a patient. How long does it take for the heart to complete one minute?

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6. Extension: Suggest ways in which a cardiac cycle graph for the right side of the heart differs from a cardiac cycle graph from the left hand side of the heart.

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3.2.5 – Initiation and Coordination of the

1. Why is it important that:
- i) The wave of excitation spreads rapidly through cardiac muscle?
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.....
 - ii) The spread of excitation is delayed between the atria and the ventricles
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.....
2. Explain, using diagrams, why the atria and ventricles are stimulated to contract

3. Define these words:
- Myogenic:
- Cardiac cycle:

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4. Match the heart condition to the description of a patient.

None (Normal ECG)	Resting heart rate of 100 bpm, potentially dangerous. Smokes 10 cigarettes a day.
Bradycardia	Patient is suffering from dizziness and severe fatigue, having a resting heart rate of 40 bpm.
Electrolytic heartbeat	Resting heart rate of 100 bpm, on medication and suffering from fatigue.
Fibrillation	Resting heart rate of 55 bpm, coming in for a check-up.
Tachycardia	Resting heart rate of 160 bpm, coffee drinker. Electrocardiogram shows 'extra' beats.

5. Extension: An artificial pacemaker helps control the rhythm of the heart. So how does it imitates, and how it could achieve this?

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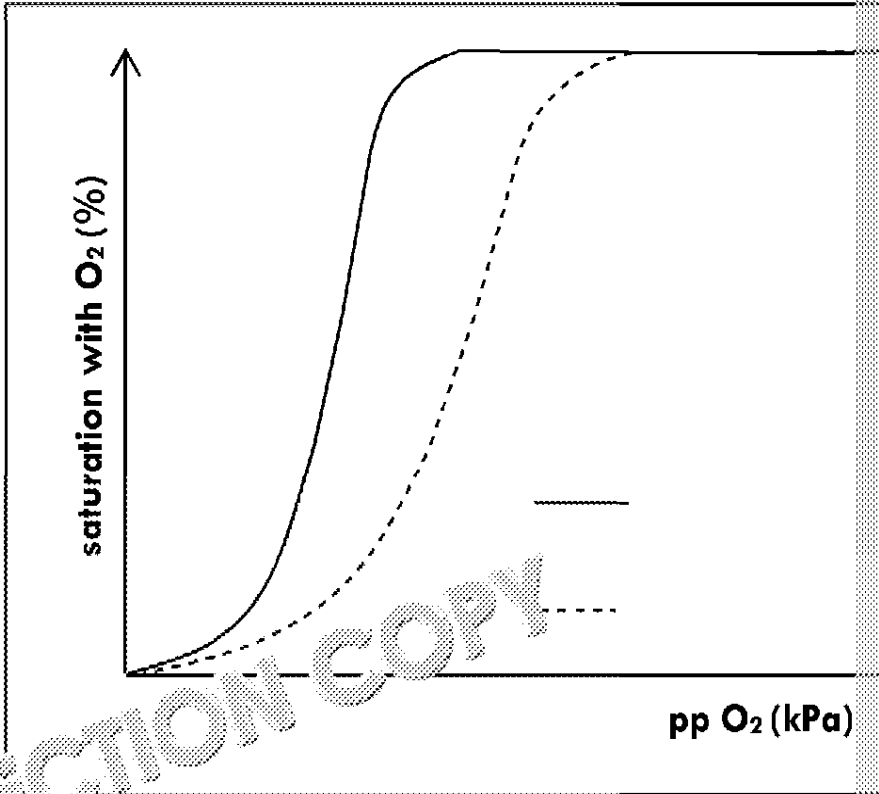
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3.2.6 – Haemoglobin

1. Fill in the gaps to complete the paragraph.

Haemoglobin is a pigment found in mammalian blood that has an important role in transporting _____ gases – oxygen and carbon dioxide. Each haemoglobin molecule consists of _____ haem groups, each of which is capable of binding one oxygen molecule. Where oxygen levels are high (such as in _____ tissue), it combines with oxygen. In areas such as respiring muscle where oxygen concentration is low, oxygen is released from the haem group – this is increased by the presence of carbon dioxide, a phenomenon known as the Bohr effect. Carbon dioxide produced during respiration diffuses into the red blood cells, forming carbamate, which then dissociates producing hydrogen ions and bicarbonate ions. This process is catalysed by the enzyme carbonic dehydratase. Hydrogen ions combine with haemoglobin to form haemoglobin-H⁺, which releases oxygen. This has the effect of increasing oxygen release from haemoglobin. Another benefit is that the haemoglobin removes the hydrogen ions from the tissue, forming water and so preventing a fall in pH.

2. The two graphs below show haemoglobin's affinity for oxygen in muscle tissue at rest and during exercise. Label the graph to show which is which, and explain your answer.



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3. If a mother's haemoglobin had the same dissociation curve as fetal haemoglobin, what would be a problem?

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4. If the chloride shift didn't occur, what effect would this have on the blood?

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5. Draw a chemical equation to show how carbon dioxide and water become carbonic acid, and how carbonic acid dissociates into ions.

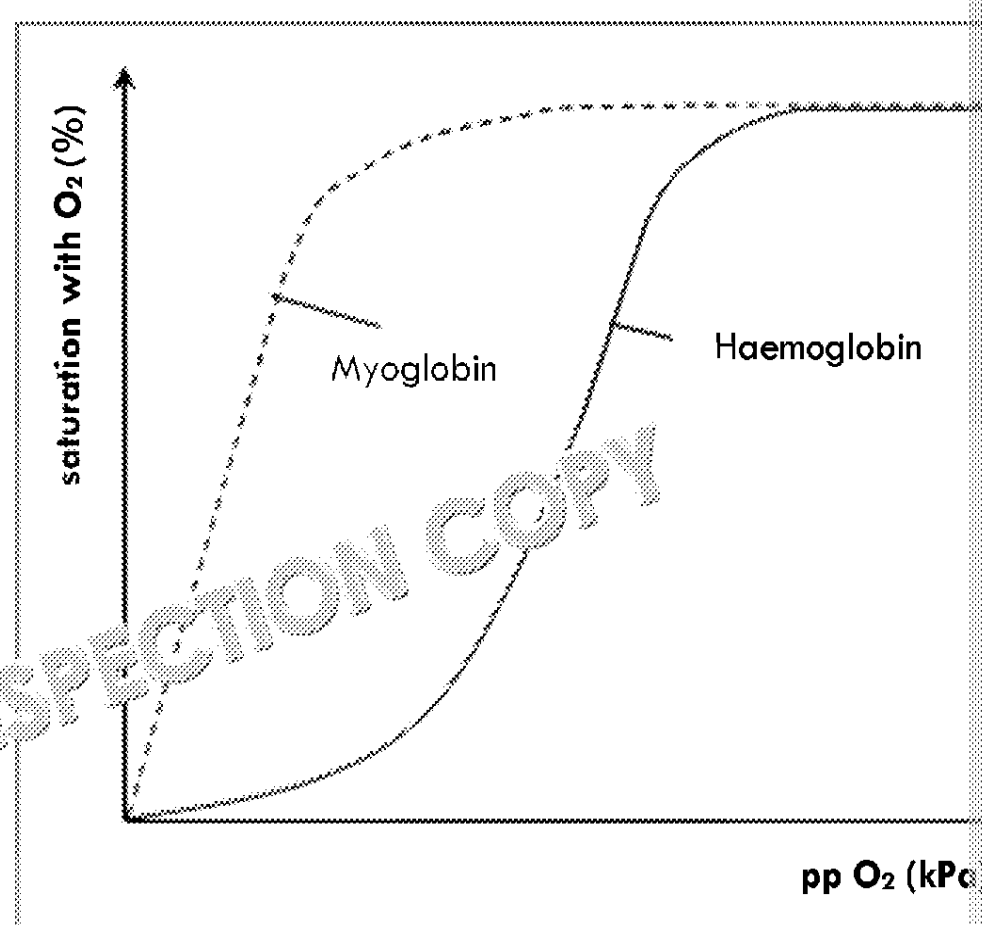
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6. Extension: Myoglobin is a pigment which can be found associated with oxygen. Study the dissociation curve below, and suggest the role of myoglobin.

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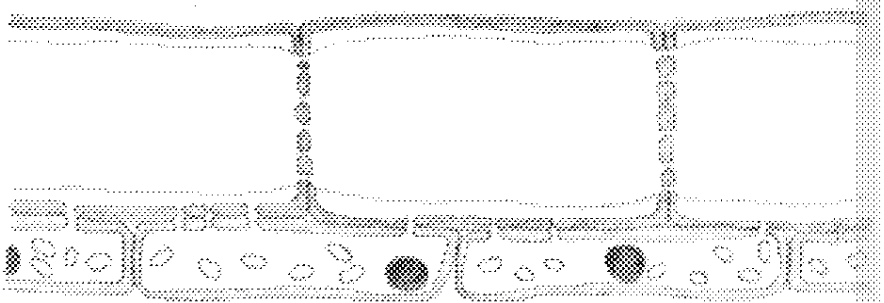
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3.3 – Transport in Plants

3.3.1 – Looking at Vascular Tissues

1. Which properties of water are important in keeping water flowing through the plant?
-
-
-
2. Label the structure of the phloem vessel. Include the following terms: sieve plate, companion cell.



3. Complete the table to compare xylem and phloem tissues.

	Xylem	
Structure		
End cell walls		
Active or passive transport?		
Substances transported		

4. Open Extension: Look at the diagram of vascular tissue in the stem on the page which you could use to study which substances are transported in the xylem and phloem.
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3.3.2 – Transpiration

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1. If stomata increase water loss from transpiration, why do most leaves open part of the day?

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2. Draw a mind map to show plant adaptations to reduce water loss from transpiration.

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3. During the dry season in tropical countries, transpiration can fall to very low levels. Explain why.

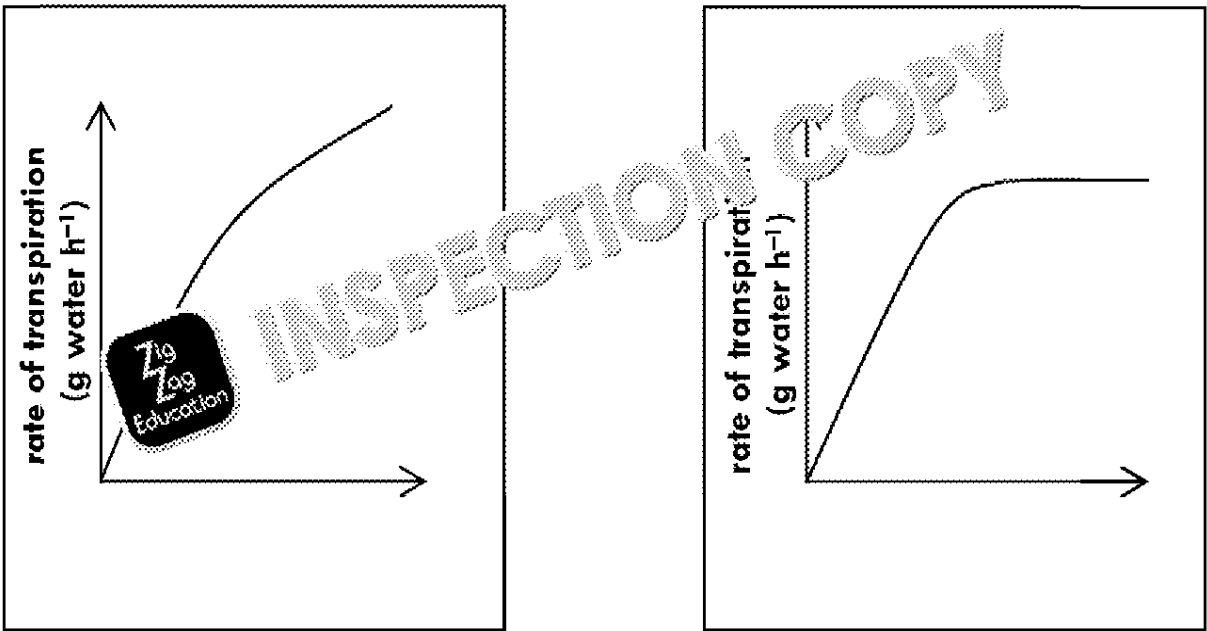
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4. Label the axes to show which graph shows how transpiration is affected by wind speed. Explain your answers.



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5. Explain why the layer of oil is used in the simple beaker potometer.

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6. Suggest why it is advisable to take repeat measurements of water uptake.

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7. Extension: In several ways, plants must balance their need to reduce water loss with the need to perform photosynthesis. Suggest some ways in which plants experience and manage this balance.

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3.3.3 – Water Uptake and the Transpiration

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- 1. State two properties of water that make transpiration possible (even in very dry conditions).
- 2. Why is it important that a continuous column of water is maintained in the xylem?

3. Match the term to the definition (two of the terms do not have matching definitions).

Endodermis	Pathway which water takes between the cytoplasm and cell walls
Medulla	A band of waxy hydrophobic material which controls water's route
Apoplast	Pathway which water takes between the cell walls
Casparian strip	The centre of the root, which contains the xylem and phloem
Vacuolar	The outer part of the root, which contains the cortex and epidermis
Cortex	
Symplast	

- 4. i) Draw a diagram which includes a root hair cell, at least one cortex cell and the medulla, showing how water travels through the root.
 - ii) On the same diagram, label the Casparian strip, and draw arrows to show the symplast and apoplast pathways.
5. Open Extension: Create a poster to show the overall process of water movement from the root, stem and leaf.

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3.3.4 – Water, Climate and Adaptation

1. Fill in the table to compare and contrast the adaptations of xerophytes and hydrophytes.

	Xerophytes	Hydrophytes
Stomata		
Leaf number		
Roots		

2. Why do both xerophytes and hydrophytes have a thick waxy cuticle, when they live in such different climatic environments?

3. Fill in the gaps to complete the paragraph.

Because xerophytes (e.g. cacti) are at risk of drying out due to the _____, they _____
close their _____ during the day and open them at night to take in _____
_____ and respiratory gases throughout the day. They also _____
at night, and using a process called _____ acid metabolism, they store _____
four-carbon organic acid called malate. _____
_____ (e.g. water lilies) which are adapted to _____
have trouble taking in enough _____ and respiratory gases. They _____
by having _____ tissue, containing air-filled spaces which _____
diffuse into submerged tissues.

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4. Marram grass (below) is common on sand dunes. During windy conditions, it shelters the lower surface of the leaf.



- i) Explain why folding leaf blades inwards reduces transpiration.

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- ii) A hypothetical mutation causes marram grass to fold its leaves outward. Would this mutation not thrive?

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5. Extension: Some plants show xerophytic adaptations yet they live in environments that are apparently plentiful, such as on the seashore. Give two reasons for this.

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3.3.5 – Translocation

1. Complete the following description of the mass flow theory.

Movement in phloem depends upon pressure differences between _____.
_____. Energy has to be used to generate these pressure differences.
transport is _____. In sources such as photosynthesising leaves, sucrose concentration is _____. Sucrose is actively loaded into phloem, which increases the solute concentration of phloem sap and so reduces its water potential (ψ). As a result of this, water flows _____ a water potential gradient into the phloem. In sinks such as roots, fruits, bulbs and tubers, sucrose is removed (for use in respiration). As the sucrose is removed, water follows it by _____, creating a _____ difference between the source and sink and so causing a pressure gradient to sink, taking solutes along with it (hence _____).
_____ be anywhere in the plant, so phloem sap can flow either up or down (but not sideways in the sieve tube).

2. Give three ways in which sieve elements are adapted to their role in translocation (one in the cytoplasm, one in the plasma membrane, one in the cell wall.)

- _____
- _____
- _____

3. Suggest what might happen to translocation in an average plant if the temperature was increased from 20 °C to 30 °C, if the temperature was increased from 20 °C to 60 °C, or if a gas bubble was introduced into phloem tissue.

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4. Would these changes have similar effects on transport in xylem? Explain.

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5. Extension: Ringing a tree (as done by hungry deer) means removing a horizontal outer layer of cortex and bark. This causes the death of the tree. Explain why.

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Answers



3.1.1 – Surface Area and Exchange

1.

Radius (mm)	1	2	4
Surface area (mm ²)	12.6	50.3	201
Volume (mm ³)	4.19	33.5	268
SA:V	3:1	1.5:1	0.75:1

2. Surface area: the surface area has increased by $\times 100$ from the smallest to the largest sphere.
Volume: the volume has increased by $\times 1000$ from the smallest to the largest sphere.
Surface area to volume ratio (SA:V): therefore, the SA:V ratio is reduced to one third.
3. Larger organisms would tend to have a lower surface area to volume ratio, which means that diffusion, which has to take place across the organism's external surface, would not be efficient enough to fuel the organism's metabolism. Therefore, a specialised exchange surface with a large surface area and short diffusion distance is needed.
4. alveoli, capillaries, diffusion, blood supply, products, gradient

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3.1.2 – Gaseous Exchange in the Lungs

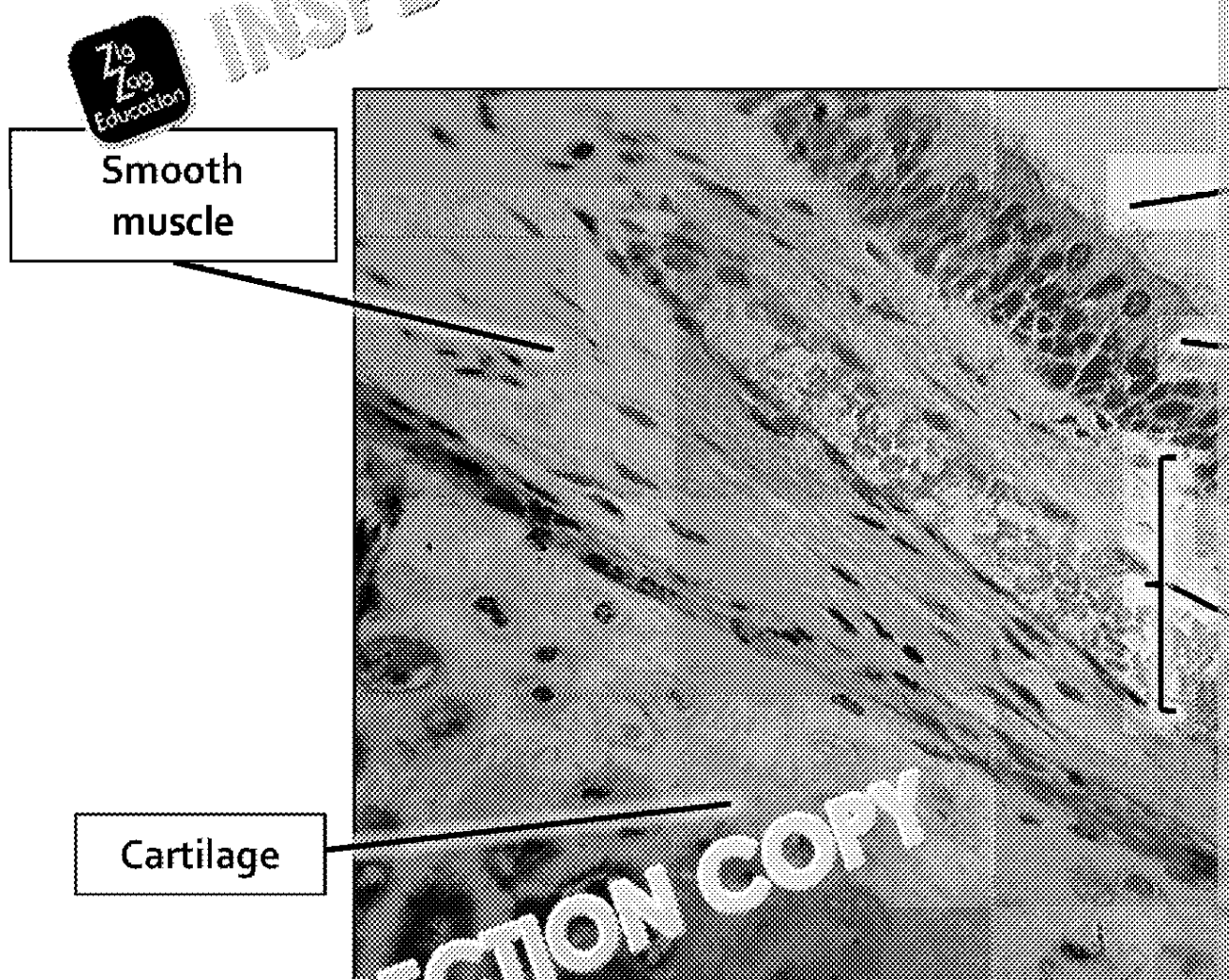
1. Large surface area compared to the surface area of the body.

Short diffusion path – alveoli and capillaries are made from squamous epithelium so are made from a single layer of cells (one cell thick) and combined thickness is small.

Lungs are vascularised with capillaries in very close proximity to the alveoli. Help maintain concentration gradients – blood supplied to the lungs is rich in CO_2 and rich in O_2 .

The lungs are well ventilated. This helps maintain concentration gradients.

- 2.



3. External intercostal muscles contract, outwards, domed/arched, increases, lowered
4.
 - The layer of moisture helps to prevent the alveoli from collapsing.
 - Moisture is required to dissolve oxygen so that it can be absorbed into the blood.
5. The smooth muscle contracting would reduce the diameter of the bronchi and make it difficult for air to get through. At the same time, mucus is a thick, viscous substance that is difficult to move through mucus than through the air. The excess constriction and large amount of mucus would prevent the lungs of oxygen while CO_2 is not removed.

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3.1.3 – Measuring Breathing

1. Breathing rate = 11 breaths per minute (min⁻¹)

Pulmonary Ventilation rate = 6.05 dm³ min⁻¹

Tidal volume × breathing rate = p.v.r.

∴ Tidal volume = p.v.r. / breathing rate

Tidal volume = 6.05 / 11

Tidal volume = 0.55 dm³

2.

Term	Description
Tidal volume	The amount of air exchanged in a single breath (typically around 500 cm ³ (0.5 dm ³))
Expiratory reserve volume	The additional volume of air that can be exhaled after a normal expiration
Inspiratory reserve volume	The additional volume of air that can be inhaled after a normal inspiration
Vital capacity	This is the maximum volume of air that can be inhaled and then exhaled (typically between 4 – 5 dm ³)

3. i) 0.6 dm³
ii) 5.4 dm³
iii) 12 breaths per minute

4. Oxygen consumption is visible on a kymograph because the trace line gradually slopes upwards. The gradient of the line can tell us how much oxygen is used.

5. i) This volume (the dead space) is the volume occupied by the trachea, bronchi and bronchioles, which are filled with air. As the dead space is around 150 cm³, each breath does not actually reach the exchange surface.
ii) The volume of the snorkel has to be added to the dead space (volume of the air in the snorkel). A proportion of each breath does not reach the exchange surface.

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3.1.4 – Ventilation in Other Animals

1. They have a very large surface area (four pairs of gills, each comprised of many gill plates).

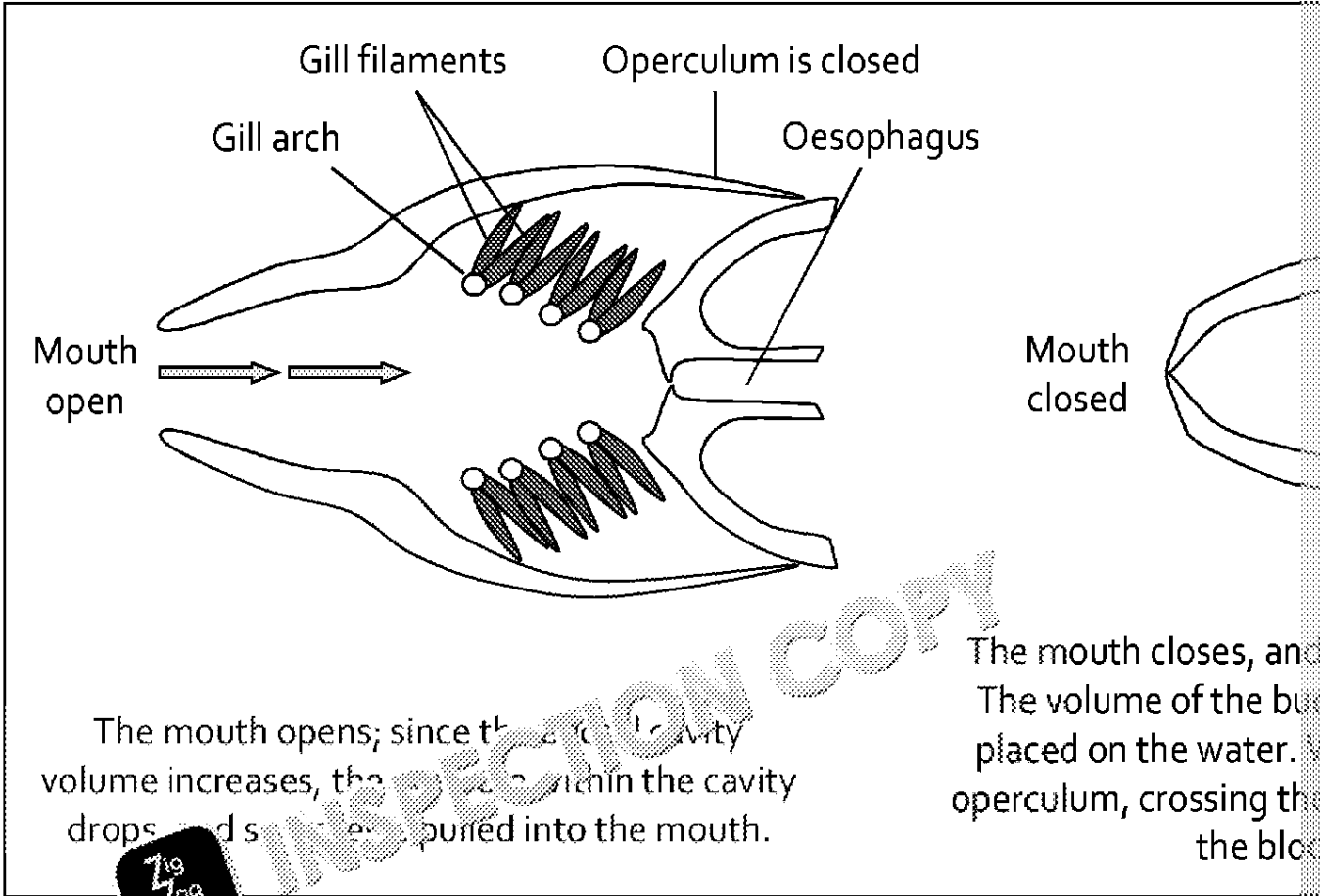
They are thin – gill plates are about 10 μm thick and consist of two epithelial layers through which blood flows.

They are vascularised (see above).

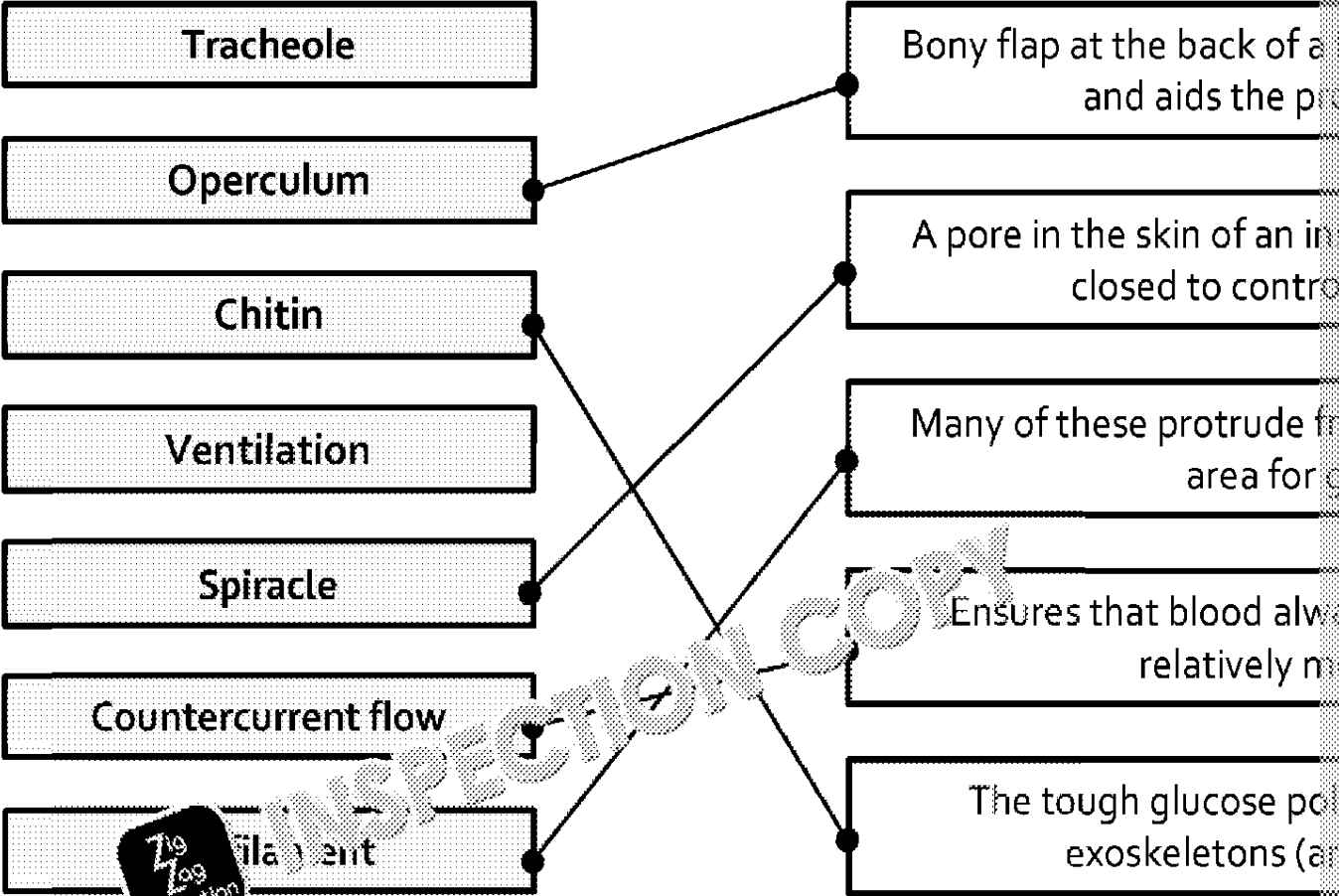
They are ventilated (ram ventilation at its simplest, but can involve movement of water to firstly draw water in through the mouth and then force it over the gills in the gill cavity).

There is a countercurrent flow in the gills so that water and blood flow in opposite directions, ensuring a large surface area for exchange, so maintaining the concentration gradient.

2.



3.



Tracheole – a small permeable vessel in an insect's respiratory system, which allows for the exchange of gases.

Ventilation – the process of obtaining respiratory gases by moving air across an internal surface, such as the lungs or gills.

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3.2.1 – Types of Circulatory System

1. Mammals are endothermic (warm-blooded). This means that they need to use energy to maintain their body temperature at a constant level, carrying out metabolic processes in cold conditions, and also taking measures to cool down when it is very hot. This requires respiration, which means tissues need to receive oxygen and nutrients at a faster rate than an ectothermic animal.

2.

Organism	Type of System	Brief Description
Fish	Single, closed	The heart has a single atrium and a ventricle. Blood is pumped to the gills where it receives oxygen and then onwards to the rest of the body at low pressure. It returns to the heart as deoxygenated blood. The heart meets the energy needs of the fish.
Primate	Double, closed	There is separate circulation to the lungs (pulmonary circulation) and to the body (systemic circulation). Blood is repressurised in the left ventricle so it can be pumped efficiently to tissues and organs.

3. Amphibians have two atria, like animals with a full double circulatory system – the right atrium receives deoxygenated blood from the body, while the left atrium receives oxygenated blood from the lungs (skin and lungs).

However, unlike mammals, amphibians have only one ventricle. Blood from both the right and left atria enters the single ventricle, which distributes blood via a forked aorta to both the body and gas exchange surfaces. This is not a fully double circulatory system, in which the atria and ventricle pump blood to the rest of the body.

Oxygenated and deoxygenated blood are mixed in the ventricle and, consequently, the blood is not fully oxygenated – this differs from a full double circulatory system in which oxygenated blood travels to the body.

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3.2.2 – Blood Vessels

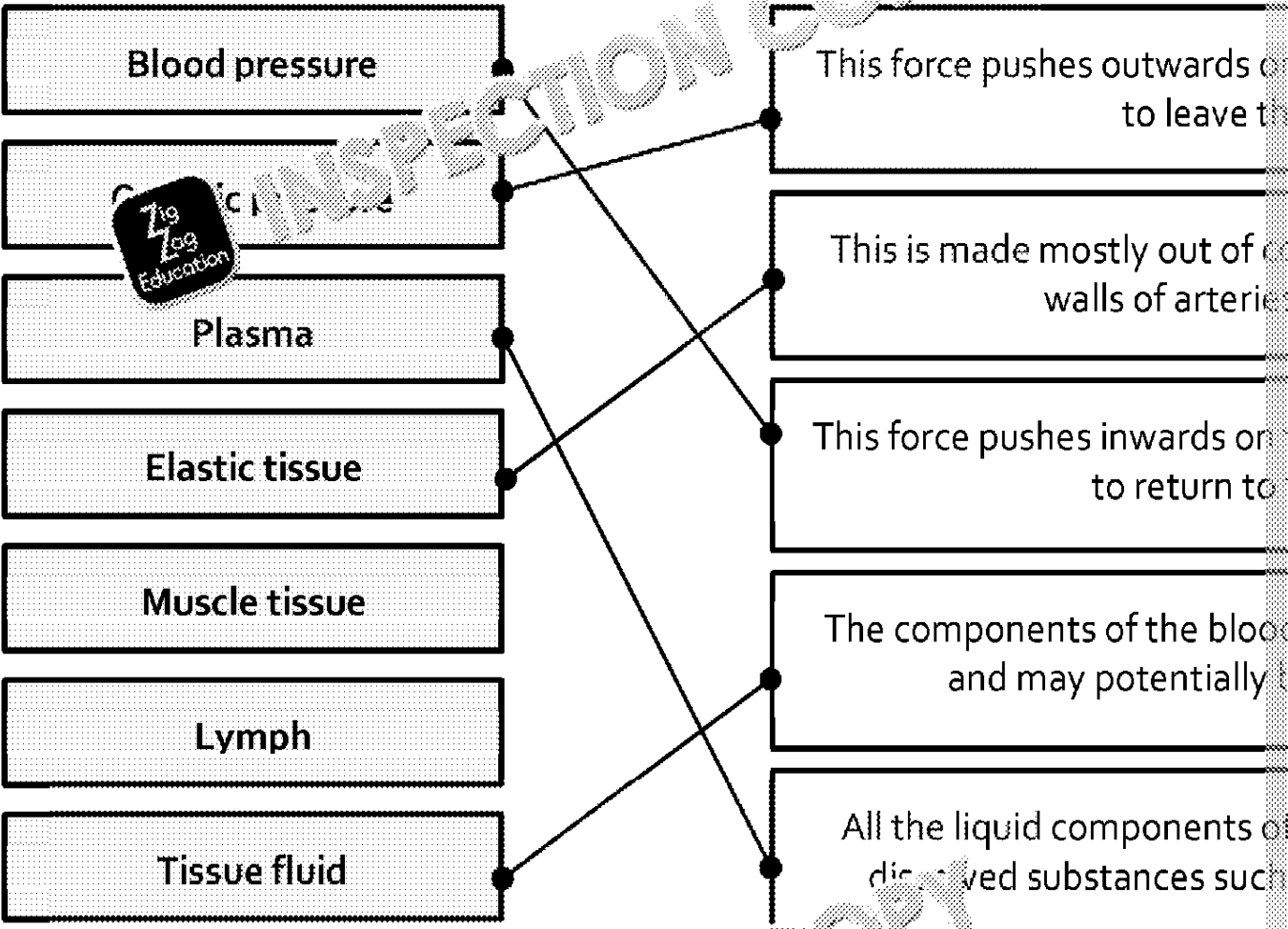
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1.

Property	Arteries	Veins
Direction of flow	Away from the heart	Towards the heart
Blood pressure	High (10–16 kPa)	Low (1 kPa)
Layers and structure	Thick outer layer with collagen and elastic tissue; thin inner layer of smooth muscle, inner layer of endothelium	Thinner layers than arteries with the same structure of collagen and elastic tissue, smooth muscle; endothelium
Lumen diameter (relative)	Narrow (relative to thick walls)	Wide
Valves	Only in the pulmonary artery and aorta	Present in all veins

2. The pulmonary artery carries deoxygenated blood from the heart towards the lungs and shed CO₂.
3. Capillaries are narrow so that red blood cells are pressed against their walls – this is across which oxygen must diffuse to leave the vessel and form tissue fluid. There are a huge number of capillaries, and they must fit into tiny gaps between tissues receive a steady supply of oxygen and nutrients.
4. Veins need valves to prevent blood from flowing backwards, because it is at relatively low pressure. It isn't a strong pulsing force from the heart to keep it flowing forwards.

5.



6. White blood cells are found in the lymph. Lymph is created from excess fluid that has leaked out of the capillaries. White blood cells are small enough to pass through the fenestrations in capillaries and form lymph. Red blood cells are too large and do not leave the blood vessels.
7. Reduced elasticity means that the vessel does not recoil as effectively from the high pressure of the blood flowing from the heart. The arteries would be at more risk of rupturing due to the high pressure. Arteries are more vulnerable to rupture, because blood moves unevenly in pulses. Veins are placed under higher pressure than capillaries or veins.

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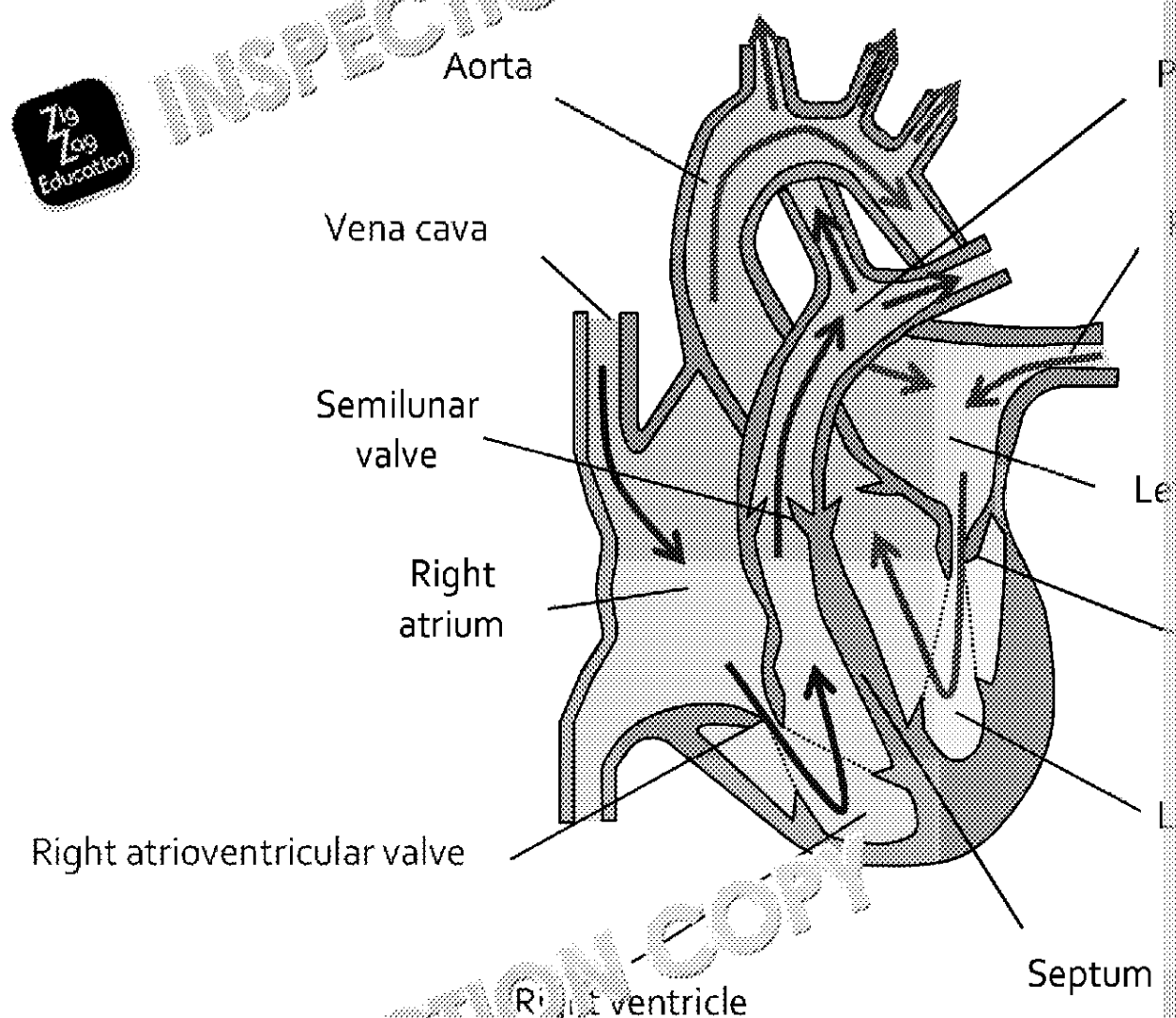




3.2.3 – The Mammalian Heart

1.
 - i) The cardiac muscle has a powerful contraction, and is constantly active during contraction. It requires a large amount of energy, which is provided by mitochondria in the muscle cells.
 - ii) The left ventricle has to pump oxygenated blood at a higher pressure into the aorta against the existing pressure within the blood vessel.

2.



3. They prevent blood from flowing back into the atria when the ventricles contract.
4. The semilunar valves are found in arteries, while all other blood vessel valves are found in veins.
5. At rest, the cardiac muscle is able to contract in a highly regular pattern, because of its intrinsic control. This means that changes or problems elsewhere in the body, such as damage to the nervous system, will be less likely to stop the heartbeat or make it irregular. Internal control is provided by the sinoatrial node, which sends electrical impulses to the atria to communicate with the brain via nervous signals before each heartbeat.

However, some external control by the sympathetic and parasympathetic nervous systems is also present. For example, the sympathetic nervous system can raise the heart rate in response to stress, as adrenaline can create a fight-or-flight response, where the heart rate increases.

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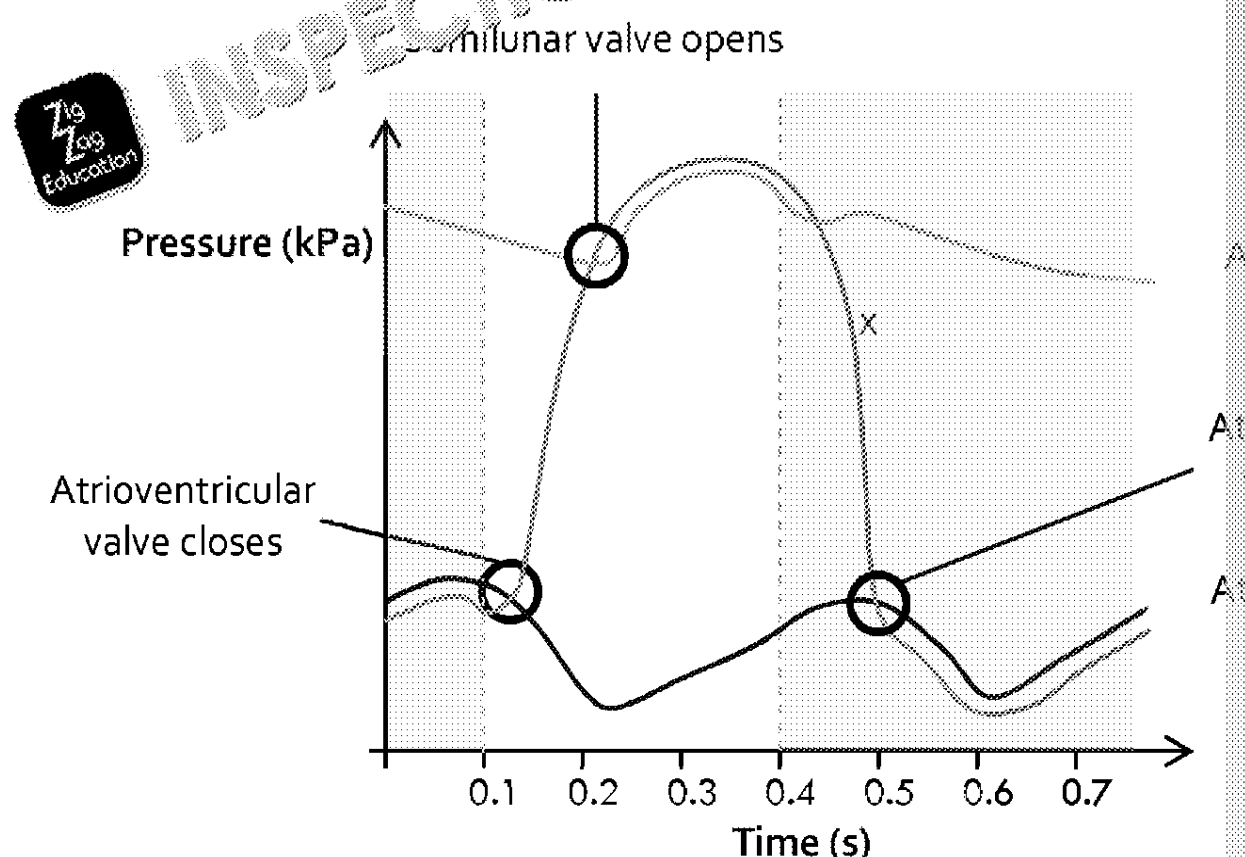


3.2.4 – How the Heart Beats: The Card

1. It pumps blood to the lungs and the rest of the body simultaneously, from the right and left ventricles respectively.

2. i) Ventricular pressure

ii)



3. Initially, the pressure in the left ventricle is still lower than the pressure in the aorta, so the semilunar valve is pushed closed by the aortic pressure. It is only when the ventricular pressure exceeds the aortic pressure that the semilunar valve opens and pressurised blood flows into the aorta.

4. The heart muscle relaxes, causing the pressure in the ventricles to drop sharply. This causes the aortic valve to close again, preventing backflow of blood from the aorta. Once the ventricular pressure falls below the atrial pressure, the atrioventricular valve opens, and blood that has been gradually filling the left atrium flows into the left ventricle. Initially the pressure decreases, but as the heart fills with blood, pressure rises again.

5. One cycle = approximately 0.8 s

One cycle = one full heart beat

One minute = 60 s

Heartbeat = $60/0.8 = 75$ bpm (beats per minute)

6. There would be no line for the aorta – instead, blood flows into the pulmonary artery. The pressure in the pulmonary artery is less than the left ventricle, because it is pumping deoxygenated blood a long distance (to the lungs rather than around the whole body). Therefore, the pressure in the pulmonary artery would not spike as high on the graph as the aortic pressure.

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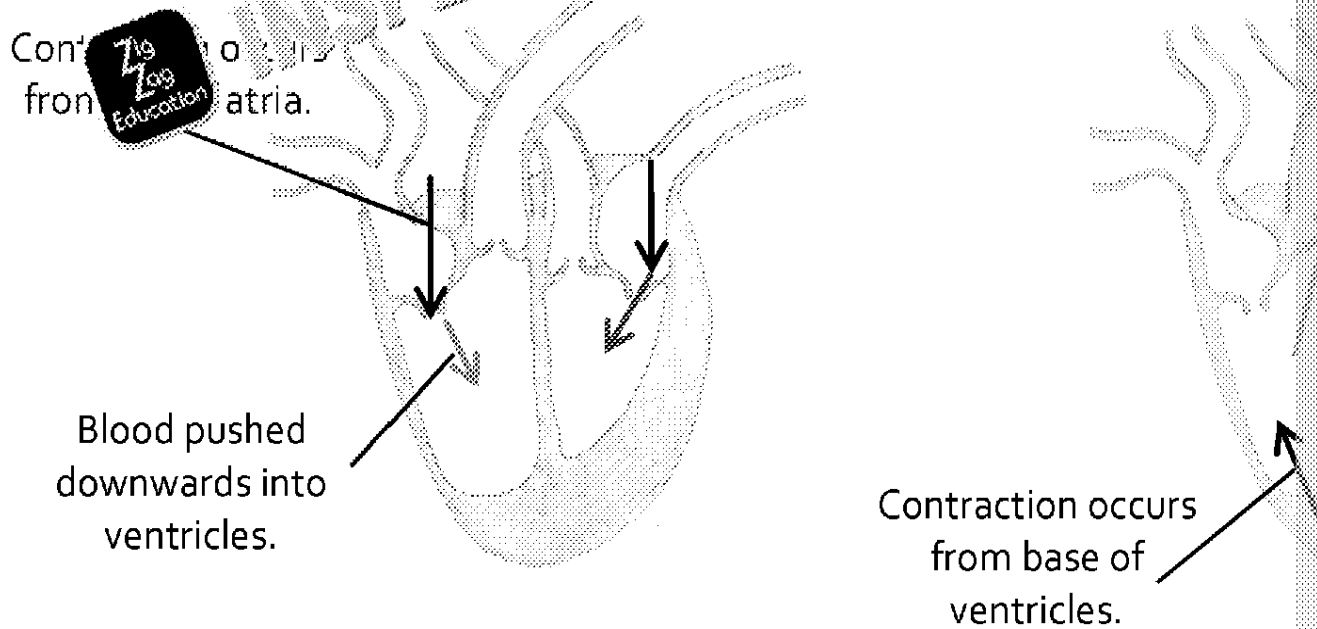




3.2.5 – Initiation and Coordination of the

- 1. i) All the cardiac muscle for each pair of chambers needs to contract almost at the same time. When a forceful contraction occurs, the volume of the chambers is sharply reduced, and blood is created.
- ii) There is a delay between contractions, so that blood is removed from the heart and pumped to the lungs and body. This increases the efficiency of blood pump.

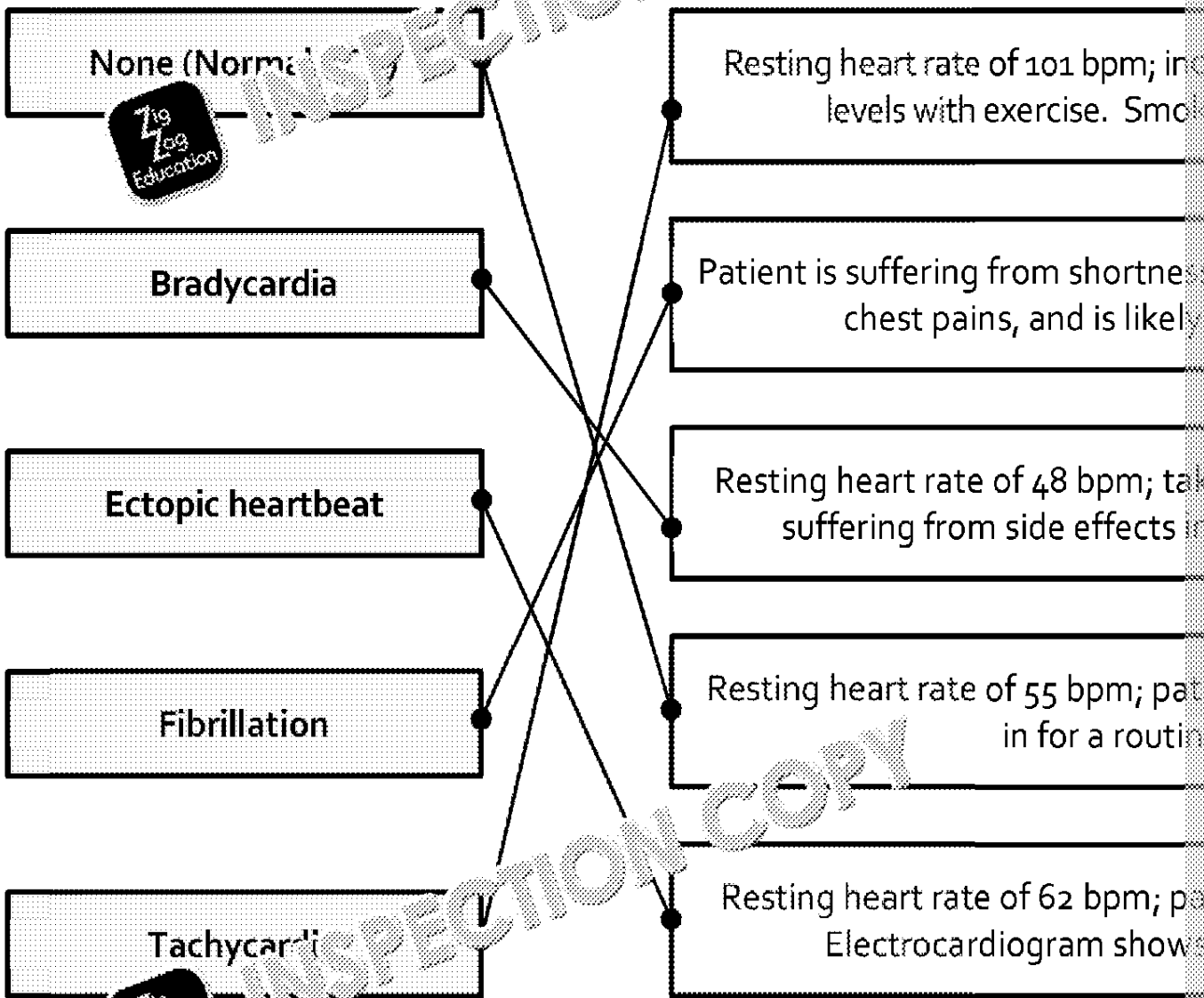
2.



- 3. **Myogenic:** word used to describe a muscle which is stimulated to contract from within by nerve impulses from outside.

Cardiac cycle: the pattern of electrical excitations, contractions and relaxations

4.



- 5. An artificial pacemaker mimics the sinoatrial node, which creates waves of excitation. It is connected to the heart through wires, and creates regular electric impulses which stimulate the cardiac muscle.

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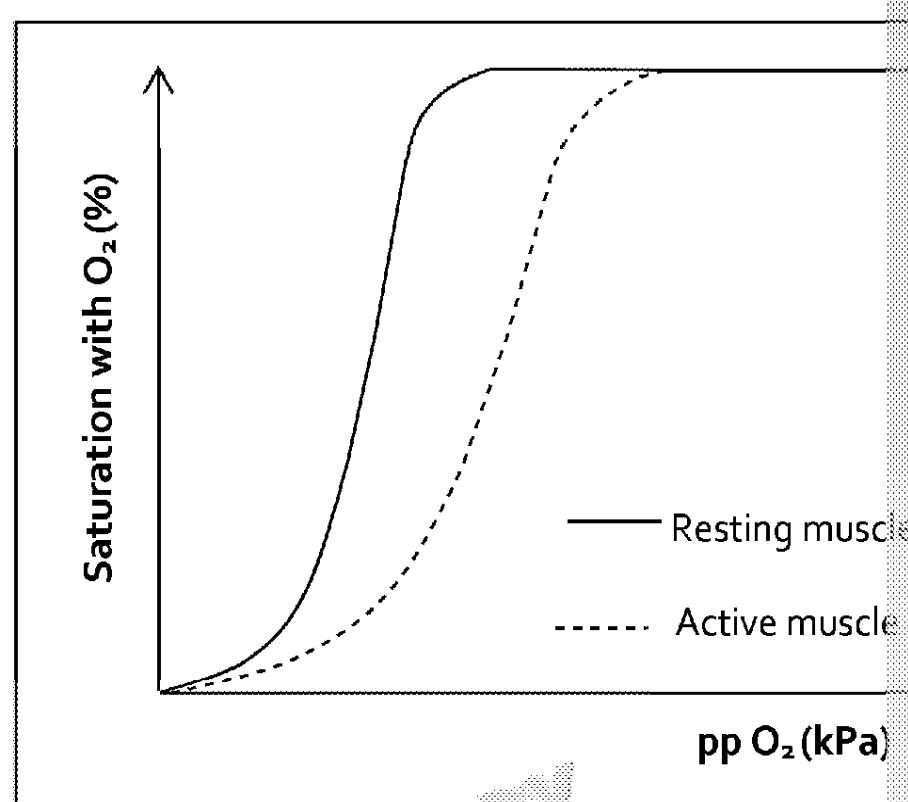




3.2.6 – Haemoglobin

1. respiratory, four, lung, dissociates, Bohr effect, hydrogencarbonate ions, carbonic acid, buffer
2. In active muscle tissue, respiration creates CO_2 – this has the effect of decreasing (the Bohr effect) and pushing the dissociation curve to the right.

Resting muscle has a low concentration of CO_2 , and here haemoglobin's affinity is 'delivered' to the tissue.



3. If the dissociation curves were the same, it would mean that the mother's haemoglobin would have the same affinity for oxygen at the same concentration.

Under these conditions, when the mother's haemoglobin reached the baby and oxygen was bound, it would not bind to fetal haemoglobin either. Similarly, when fetal haemoglobin accepted oxygen, the mother's haemoglobin would not release it.



4. If the chloride shift did not occur, the blood plasma would become more negatively charged and within the red blood cells would become more positive.
5. $\text{CO}_2 + \text{H}_2\text{O} \rightarrow \text{H}_2\text{CO}_3 \rightarrow \text{H}^+ + \text{HCO}_3^-$
6. Myoglobin has a high affinity for oxygen, and only releases it when the surrounding concentration is low. This suggests that it may be used as an emergency store of oxygen, providing a local supply of the gas for muscles. This is useful for muscles which are carrying out anaerobic respiration quickly.



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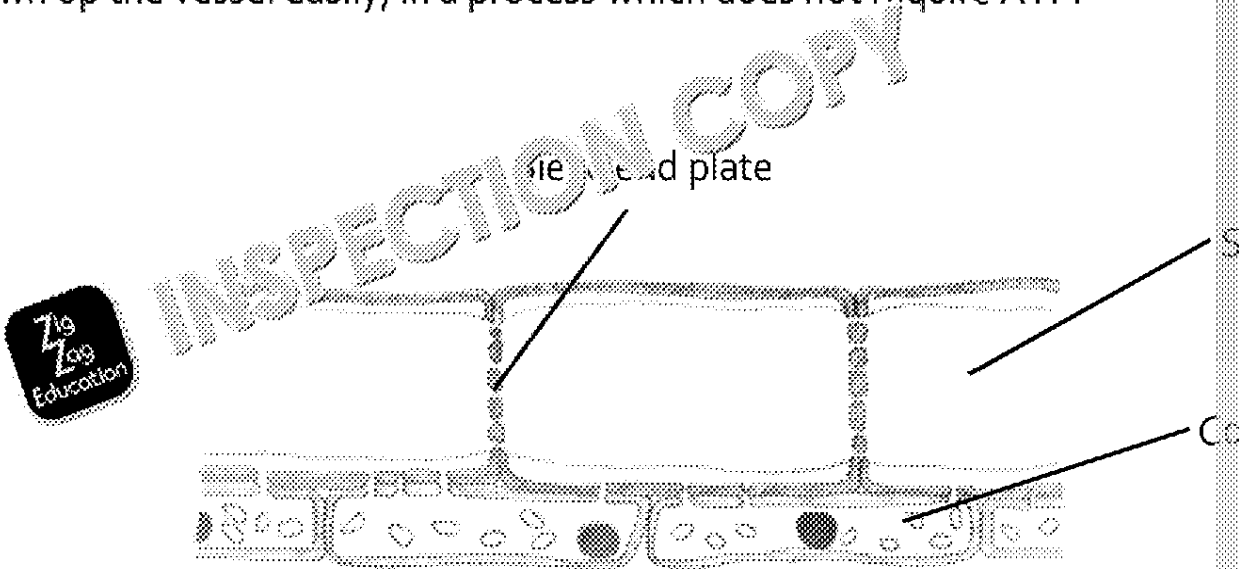




3.3.1 – Looking at Vascular Tissues

1. Cohesion and surface tension. Hydrogen bonding between water molecules can pull them together, and to the sides of narrow xylem vessels, creating an effect known as capillary action. Water can be drawn up the vessel easily, in a process which does not require ATP.

2.



3.

	Xylem	
Structure	Rows of dead cells with no cytoplasm or organelles, with walls thickened with lignin to prevent collapse	Sieve plate
End cell walls	None	Perforated
Active or passive transport?	Passive (transpiration pull)	
Substances transported	Water, mineral ions	

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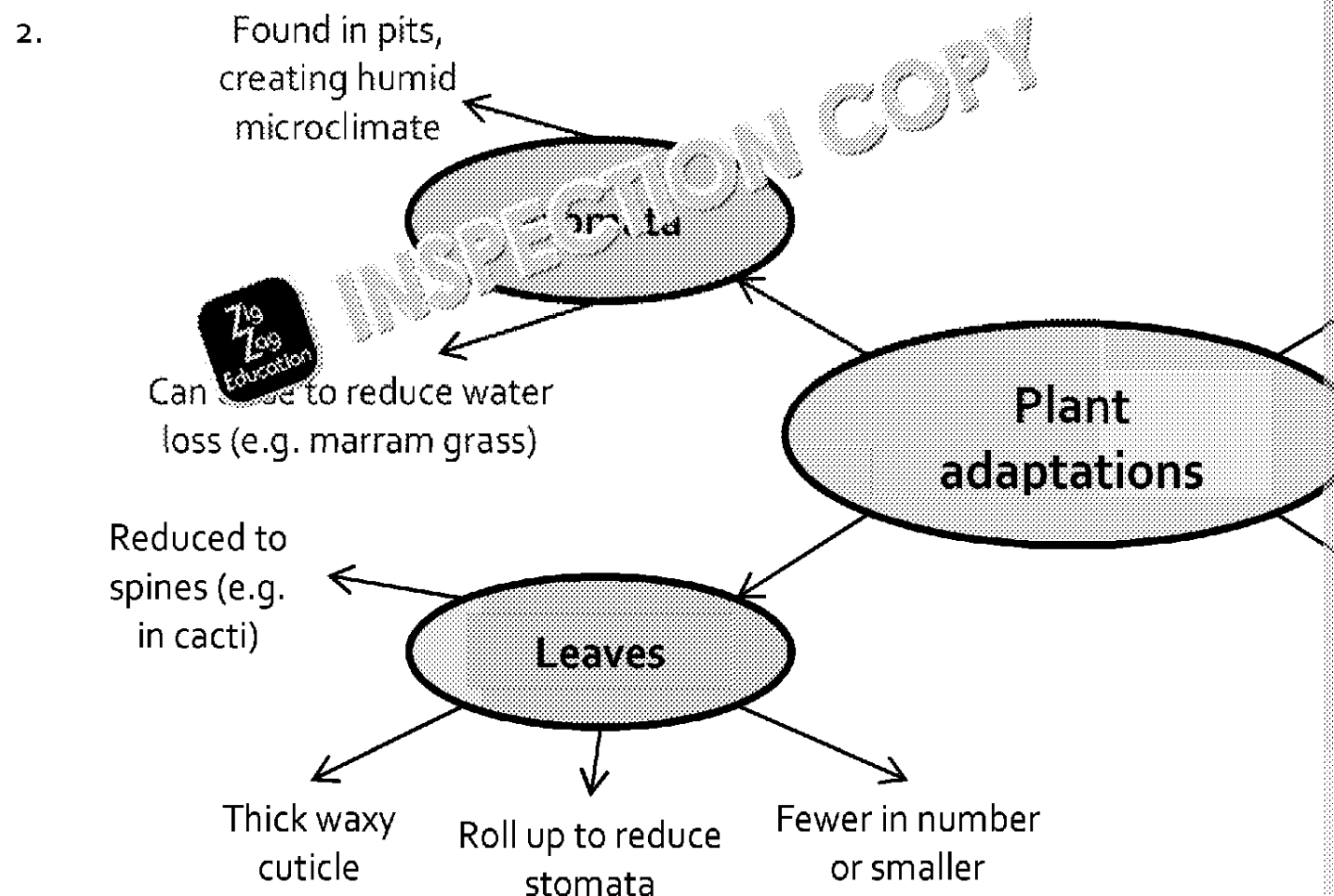
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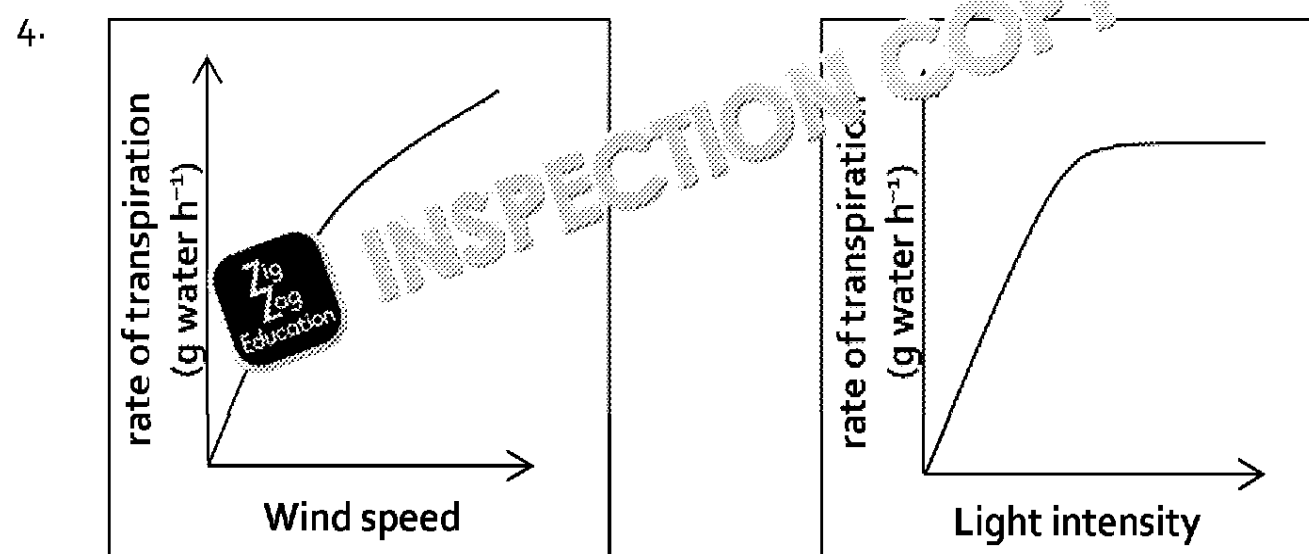


3.3.2 – Transpiration

1. During the day, the plants are actively carrying out photosynthesis as well as respiration. They take in CO₂ and release O₂ and water vapour. The concentration of CO₂ in the atmosphere is low, so plants need to take it in quickly.



3. Humidity is so high that the gaseous water vapour concentration outside the leaf is high. There is no concentration gradient and so water vapour is as likely to enter the leaf as to leave it.



5. The layer of oil prevents water evaporating from the surface of the beaker, since the oil layer is on top of the water.
6.
 - Replication allows you to check the consistency of measurements.
 - It enables identification of anomalies.
 - It tends to increase the accuracy of conclusions that you make as random errors are reduced.
7. Examples include:
 - For photosynthesis, leaf surface area needs to be as large as possible; however, for transpiration, the leaf surface area needs to be as small as possible. The waxy cuticle, a waterproof coating to the leaf, is a way of reducing the surface area. Plants may also fold their leaves inwards, reducing the surface area.
 - Increasing the number of stomata increases the rate at which CO₂ is available for photosynthesis. However, this also increases water loss. Plants may deal with this by having stomata which are small and close. They may also close their stomata during the hottest, brightest part of the day and open them at night as CAM plants do.
 - The leaf area is usually thin to maximise gas exchange – again, this also increases water loss. Plants may deal with this by having thick, succulent leaves which retain water.

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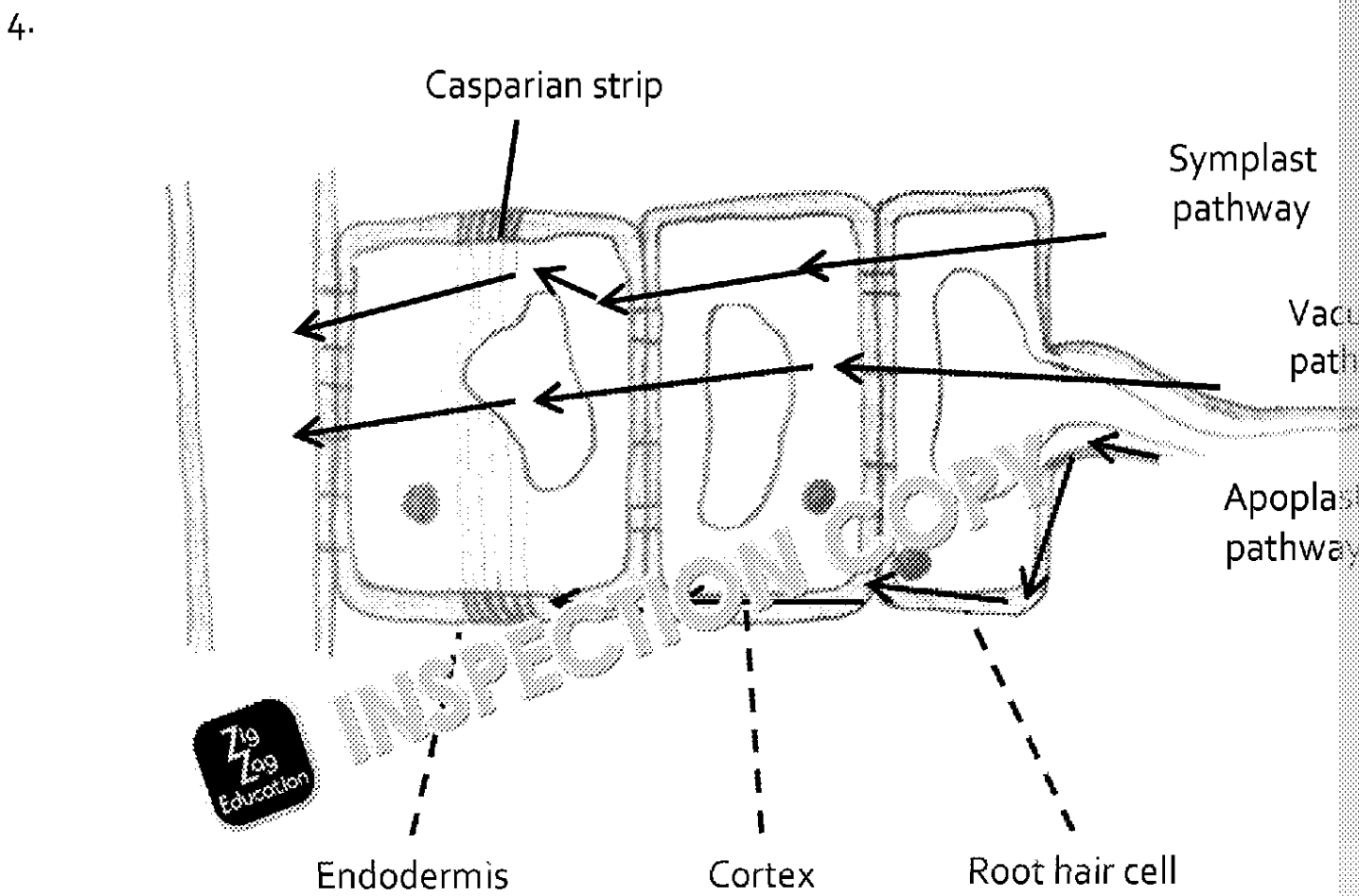
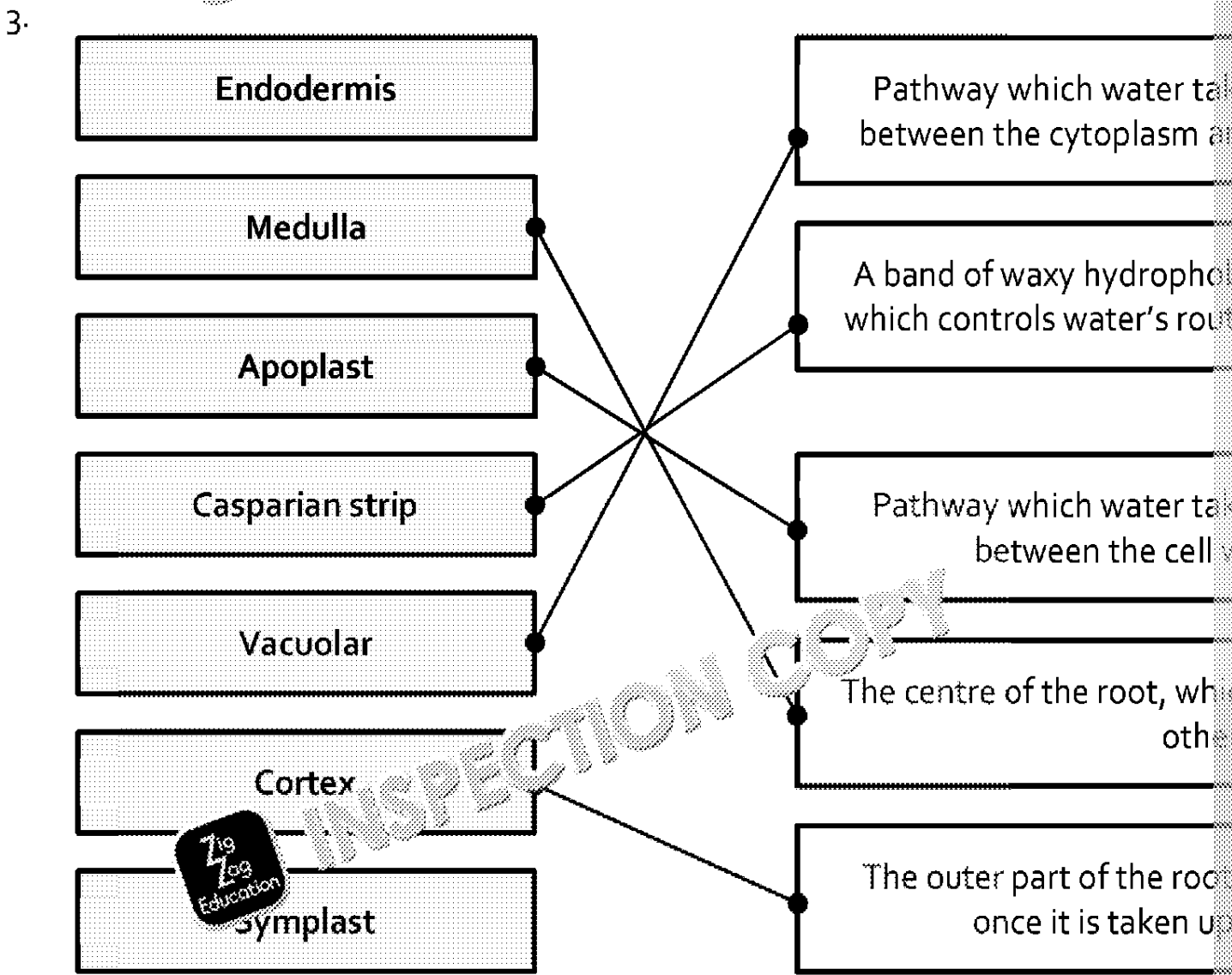
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3.3.3 – Water Uptake and the Transpiration

1. Cohesion – water molecules ‘stick’ together slightly because their negatively charged oxygen atoms form temporary hydrogen bonds with the positively charged hydrogen poles of other water molecules. When water molecules move up through the xylem, they attract others below them.
Adhesion – water molecules adhere slightly to the cellulose walls of the xylem, helping to pull the column of water up.
If the stream of water in the xylem is broken, the cohesion between water molecules evaporating from the leaves will no longer cause water to be drawn up this part of the xylem. This section of the xylem will be starved of water and will die.



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3.3.4 – Water, Climate and Adaptation

1.

	Xerophytes	
Stomata	Reduced number of stomata. Stomata may only open at night, or open at certain times of day.	Stomata and are
Leaf	Fewer leaves and reduced leaf size. In some plants, the leaves may be reduced to spines or needles.	Leaves
Roots	Deep, penetrating taproots to absorb water deep in the soil, and/or an extensive network of shallow roots to quickly catch rainwater.	Root

2. Xerophytes typically have a thick waxy cuticle to prevent water leaving the plant
repel water and stop it from covering the plant’s upper surface (respiratory gases
from water than from air).
3. transpiration, stomata, photosynthetic, Crassulacean, hydrophytes, aquatic, phloem
4. i) This shields the stomata from the wind, meaning humid air does not blow away
‘pocket’ created by the leaf. This lowers the water potential gradient around the
rate at which water evaporates.
- ii) For terrestrial plants, most or all stomata are found on the lower surfaces of leaves
upper surface would have no effect. In fact, it might actually increase losses from
5. For plants living on the beach:
- Sand dunes can retain water well, and so rainwater percolates through the ground
by capillary action.
 - High levels of salt (salinity) from the ocean mean that the plant has issues as
the soil tends to pull water out of the roots by osmosis, and the plant has to
cope with this.

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3.3.5 – Transpiration

1. sources, sinks, active, sugar/sucrose, water potential, down, osmosis, pressure, ...
2.
 - Sieve tube cells have thin cytoplasm and few organelles to limit restrictions
 - Perforated sieve tube plates are found at the end of each cell, to allow fast
 - Companion cells have many mitochondria so that they can actively load su
 - diffuses into the main sieve tube'
 - The companion cells are joined to the sieve tube by thin gaps called plasmodesmata, allowing movement of substances such as sucrose into the sieve tube.
3. Translocation rate would likely increase if the temperature rose from 20 °C to 30 °C, as respiration would happen faster (providing more energy for active transport).
Translocation rate would almost certainly decrease if the temperature rose from 30 °C to 40 °C, as most enzymes would be well outside the normal range of temperatures for most plants, and key enzymes would be denatured.
A respiratory inhibitor could plausibly stop transpiration, and in large enough quantities could starve key tissues of oxygen.
4. Changing the temperature would have no effect on xylem flow, because the xylem is dead tissue and does not respire or use active transport. A respiratory inhibitor would not stop water through the xylem, although if the respiratory inhibitor is soluble, it could enter the transpiration stream.
5. In the trunk of a tree, the outer layer (cortex) contains the bark, as well as the outer vascular tissue. The outer vascular tissue contains the phloem vessels.
Removing a full ring of phloem tissue would cause a blockage in mass flow within the trunk. Mass flow cannot be sustained without a connection between sources and sinks. Instead, at the point where the sieve tube meets the air, the negative pressure would force phloem sap to 'bleed' out.
Tissues that do not photosynthesise and produce their own sugars, such as the trunk, rely on the phloem for food. They would not be able to carry out respiration, and the plant would die.

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