Asthma

Asthma is a condition that affects many teenagers (and adults too!).

1. **Watch** this 10 minute video to find out more about it. <https://www.khanacademy.org/science/health-and-medicine/respiratory-system-diseases/asthma2/v/what-is-asthma>
2. Think about what you have watched. Here was some of the vocab used:

Bronchi, trachea, airways, lumen, muscle, mucus, trigger, wheeze

You need to write a **summary** in your own words, 5- 10 sentences, that includes the vocab.

If you think you can do this by yourself go ahead.

If you would like a liitle bit of help go [here](https://docs.google.com/document/d/1jqFKJYkRxuu2QygS2R7EUlM7vo61q3h8-8XYhqeADbE/edit).

If you would like alot of help go [here](https://docs.google.com/document/d/15ncQjTmv-LgSV5CUGNuWBhvEMVDzYgbhyjnLLTsN0lg/edit).

1. What is a **question** you have after watching this video?

e.g. Is there something you didn’t understand in the video?

Or is there a real-world link you would like to ask about?

Or is there a relevant question that would be good for the class to dicuss?

Add this question below your summary.

Send me your work in the usual way

Class Time

* Discuss with students
  + some questions from student work (10 minutes)
  + if you were a parent of a child with asthma what are some routines you might help them develop so they can best manage this disease while living as full a life as possible?
  + What are some other diseases of the respiratory system?
  + Why might people with conditions like these be more susceptible to COVID-19?
* In classroom activity
  + Measure tidal volume – 5L plastic container, graduated beforehand. Long hose. Deep sink.
  + Use spirometer
* Remote activity – Simulation (needs a straw, the narrower the better)

1. Normal breathing - run in place for 30 seconds. How did this feel?
2. Asthmatic breathing - Put straw in mouth, pinch nose, and breathe through mouth while running in place for another 30 seconds. How did this feel?
3. In what way is this a good simulation of asthma? What are the limitations of this as a simulation of asthma?