- Conversion chart on back

Lung Capacity Lab

Name_____

Purpose: To measure the air capacity of the lungs

Materials: 1 Large Balloon
Calculator

Observations:

	Vital Capacity		**Expiratory Reserve Volume**		**Maximum Exhale after a normal Inhale**		**Inspiratory Reserve Volume**
	1. big inhale 2. biggest exhale into balloon		1. normal inhale 2. normal exhale 3. biggest exhale into balloon		1. normal inhale 2. biggest exhale into balloon		1. subtract the Maximum Exhale from the Vital Capacity
Trial	Diameter of Balloon (cm)	Volume of Air (cm^3)	Diameter of Balloon (cm)	Volume of Air (cm^3)	Diameter of Balloon (cm)	Volume of Air (cm^3)	Volume of Air (cm^3)
1							
2							
3							
Average							

Questions:

Why is it important to take the measurements 3 times?

How might an athlete's vital capacity compare to a non-athlete's? Explain your answer.

Circle the correct words in these definitions:

Vital Capacity is the (maximum/minimum) amount of air that can be exhaled after a (maximum/minimum) inhale.

Expiratory Reserve Volume is what is left in your lungs after a (normal/maximum) exhale.

Inspiratory Reserve Volume is what you can still breathe out after a normal (inhale/exhale).

- for back of lung capacity lab