

# Measuring Lung Capacity Lab

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

## Background

Human lung capacity can be measured in several ways. One way is by using a complex piece of laboratory equipment called a spirometer. However, lung capacity can also be measured by using a balloon.

Several different lung volume measurements can be made. The amount of air taken in or expelled during normal breathing is about  $500 \text{ cm}^3$ . This volume of air called the **tidal volume**. This amount of air provides enough oxygen for a person who is resting. The largest possible amount of air which can be exhaled after drawing in a deep breath is the **vital capacity**. The amount of air that remains in the lungs after exhaling normally but which can be expelled is the **expiratory reserve**. A certain amount of air in the lungs cannot be expelled. This is the **residual volume**.

## Purpose

- To measure your vital capacity
- To make comparisons among factors that may affect vital capacity
- To compare your experimental data with lung capacity data obtained from a spirometer

## Materials

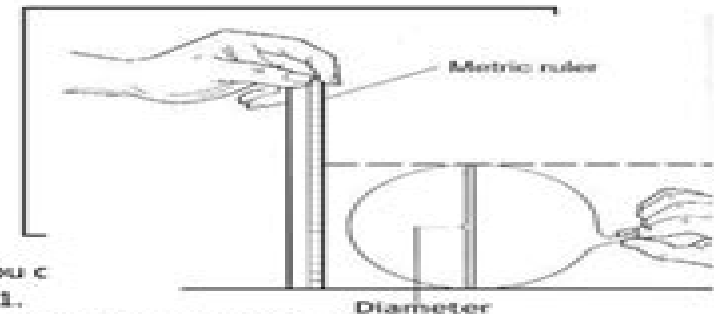
Round Balloon      Metric Ruler

## Procedure

Part A: Measure your Height in centimeters: \_\_\_\_\_

### Part B. Vital Capacity

- Stretch a balloon several times
- Take as deep a breath as possible. Then exhale all the air you can
- Measure and record the diameter of the balloon in Table 4-1.
- Run four more trials. Record the diameter of the balloon for each trial in the data table.



### Part C. Conversion of Diameters to Volume

Lung volume is expressed in cubic centimeter units ( $\text{cm}^3$ ). ( $1,000 \text{ cm}^3$  is slightly more than a quart.)

- To convert from balloon diameter to volume, locate the balloon diameter on the horizontal axis of Figure 6-2. Follow this number up to the heavy line, then move across to locate the corresponding volume.

For example, if your balloon diameter is 14.5 cm, then the corresponding lung volume is  $1500 \text{ cm}^3$ .

- Convert each diameter for vital capacity to volume.
- Record the volumes in Table 4-1.

# Lung Capacity Measurements Lab Manual

**Jeffrey M. Janot, Nicholas M. Beltz**

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the authors' names.

## **Lung Capacity Measurements Lab Manual:**

Anatomy and Physiology, Laboratory Manual Connie Allen, Valerie Harper, 2016-12-28 The Allen Laboratory Manual for Anatomy and Physiology 6th Edition contains dynamic and applied activities and experiments that help students both visualize anatomical structures and understand complex physiological topics Lab exercises are designed in a way that requires students to first apply information they learned and then critically evaluate it With many different format options available and powerful digital resources it's easy to customize this laboratory manual to best fit your course *A Laboratory Manual of Anthropometry* Harris Hawthorne Wilder, 1920 Kinanthropometry and Exercise Physiology Laboratory Manual Roger Eston, Thomas Reilly, 2001 Kinanthropometrics is the study of the human body size and somatotypes and their quantitative relationships with exercise and nutrition This is the second edition of a successful text on the subject

**Laboratory Manual for Human Physiology** Carl Gottfried Hartman, 1914 *Laboratory Manual for Human Biology* Bert Atsma, Sandra Hsu, 2007-02 Designed for the one semester human biology course this full color manual offers activities for 23 laboratory sessions in a variety of formats to allow the instructor to customize these exercises to the needs of their course The lab manual's depth of coverage invites students to explore fundamental concepts of human biology in a laboratory setting

**The Sciences, Laboratory Manual** James Trefil, Robert M. Hazen, 1998-05-12 Within this text the authors explore the main aspects of physical and life sciences and will show how to integrate these scientific principles into everyday life and events The reader student will examine such issues as human health technology environmental concerns and more

**Biology Laboratory Manual** Darrell S. Vodopich, Randy Moore, 1998-12 This laboratory manual is designed for an introductory majors biology course with a broad survey of basic laboratory techniques The experiments and procedures are simple safe easy to perform and especially appropriate for large classes Few experiments require a second class meeting to complete the procedure Each exercise includes many photographs traditional topics and experiments that help students learn about life Procedures within each exercise are numerous and discrete so that an exercise can be tailored to the needs of the students the style of the instructor and the facilities available

**Laboratory Manual for Anatomy and Physiology, with Fetal Pig Dissections** Patricia J. Donnelly, George A. Wistreich, 1993 **Miller Levine Biology 1e Lab Manual a**

**(Average Advanced) Student Edition 2002c** Prentice Hall Direct Education Staff, 2001-04 One program that ensures success for all students Laboratory Manual of Physiology William Douwes Zoethout, 1911 Applied Basic Science

Laboratory Manual and Workbook Kathryn L. Hawkins, 1969 Laboratory Manual of the Massachusetts General Hospital Massachusetts General Hospital, Roy Russell Wheeler, Francis Tennery Hunter, 1928 **Laboratory Manual for Exercise**

**Physiology** G. Gregory Haff, Charles Dumke, 2021-06 Laboratory Manual for Exercise Physiology Second Edition With HKPropel Access provides guided opportunities for students to translate their scientific understanding of exercise physiology into practical applications in a variety of settings Written by experts G Gregory Haff and Charles Dumke the text builds upon

the success of the first edition with full color images and the addition of several new online interactive lab activities The revitalized second edition comprises 16 laboratory chapters that offer a total of 49 lab activities Each laboratory chapter provides a complete lesson including objectives definitions of key terms and background information that sets the stage for learning Each lab activity supplies step by step procedures providing guidance for those new to lab settings so that they may complete the procedures New features and updates in this edition include the following Related online learning tools delivered through HKPropel that contain 10 interactive lab activities with video to enhance student learning and simulate the experience of performing the labs in the real world A completely new laboratory chapter on high intensity fitness training that includes several popular intermittent fitness tests that students can learn to perform and interpret An appendix that helps estimate the oxygen cost of walking running and cycling New research and information pertaining to each laboratory topic A lab activity finder that makes it easy to locate specific tests In addition to the interactive lab activities which are assignable and trackable by instructors HKPropel also offers students electronic versions of individual and group data sheets of standards and norms question sets to help students better understand laboratory concepts and case studies with answers to further facilitate real world application Chapter quizzes assessments that are automatically graded may also be assigned by instructors to test comprehension of critical concepts Organized in a logical progression the text builds upon the knowledge students acquire as they advance Furthermore the text provides multiple lab activities and includes an equipment list at the beginning of each activity allowing instructors flexibility in choosing the lab activities that will best work in their facility Laboratory Manual for Exercise Physiology Second Edition With HKPropel Access exposes students to a broad expanse of tests that are typically performed in an exercise physiology lab and that can be applied to a variety of professional settings As such the text serves as a high quality resource for basic laboratory testing procedures used in assessing human performance health and wellness Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

**Laboratory Manual for Anatomy and Physiology** Patricia J. Donnelly, George A. Wistreich, 1993     **A Laboratory Manual of General Chemistry** Leon Burr Richardson, Andrew Jackson Scarlett, 1929     *Laboratory Assessment and Exercise Prescription* Jeffrey M. Janot, Nicholas M. Beltz, 2022-06-23 Laboratory Assessment and Exercise Prescription With HKPropel Online Video offers a combination of clinical and field tests to prepare readers to conduct fitness assessments with a wide range of equipment and resources     **Laboratory Manual of Physiology** Frederick Carl Busch, 1905     *Human Anatomy and Physiology Laboratory Manual* Elaine Nicpon Marieb, 1985     *Prentice Hall Miller Levine Biology Laboratory Manual a for Students Second Edition 2004* Kenneth Raymond Miller, Joseph S. Levine, Prentice-Hall Staff, 2003-02 Authors Kenneth Miller and Joseph Levine continue to set the standard for clear accessible writing and up to date content that engages student interest Prentice Hall Biology utilizes a student friendly approach that provides a powerful framework for connecting the key concepts a biology Students explore concepts through

engaging narrative frequent use of analogies familiar examples and clear and instructional graphics Whether using the text alone or in tandem with exceptional ancillaries and technology teachers can meet the needs of every student at every learning level     *Laboratory Manual for Human Anatomy and Physiology* ,1990

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