

# Measuring the Capacity of Your Lungs

The amount of air that you breathe in and out of your lungs while breathing normally is called **TIDAL VOLUME**. This amount of air provides enough oxygen for a person who is resting. It is possible to inhale and exhale more forcefully -- the maximum amount of air inhaled or exhaled of the lungs is called the **VITAL CAPACITY**. In this activity, you will be measuring the vital capacity and the tidal volume of your own lungs. This actual number can then be compared with a number obtained from an equation that measures vital capacity. In a fact, you are measuring an actual number, based on laboratory measurements, to a theoretical number, based on an equation. If you have any breathing difficulties (asthma or other condition), you should not participate in this activity. Instead, only take the data on your lab partner.

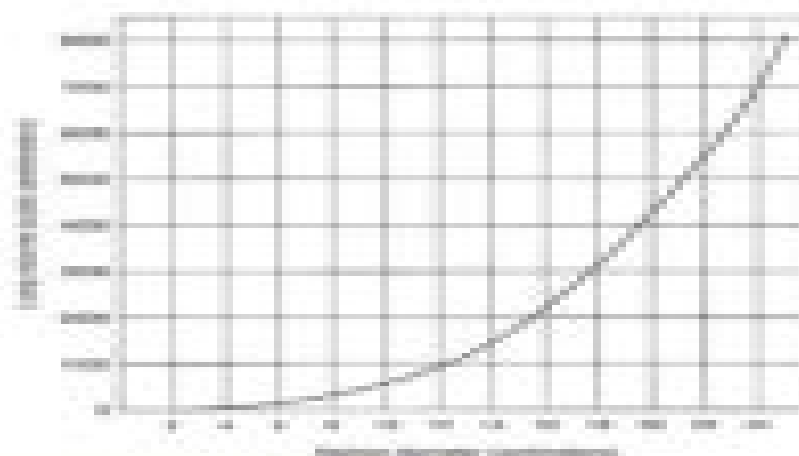
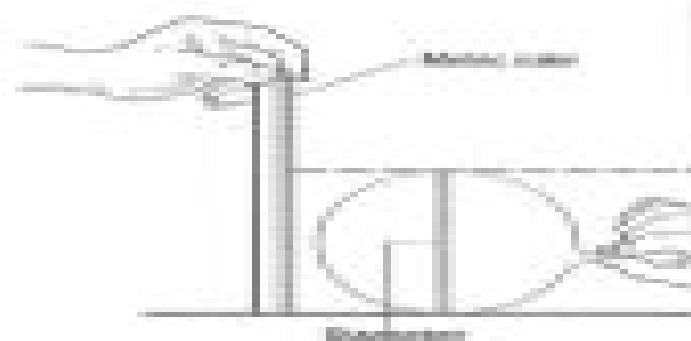
## Materials

|              |                             |
|--------------|-----------------------------|
| Balloons     | metric ruler                |
| metric stick | centimeter scale (optional) |

**1. Measuring Tidal Volume** -- Stretch a round balloon several times to stretch it out. Breathe normally and then exhale normally into the balloon. Do not force your breathing. Pinch the end of the balloon and measure its diameter. Be careful with the measurements to be sure you do not flatten the balloon. Repeat this so that you have 3 total measurements and can take the average and record in the data table.

**2. Measuring Vital Capacity** -- Repeat the procedure, only this time inhale as much air as you can and exhale forcefully. Record these measurements in the data table.

**3. Convert the diameters to a volume using the graph and record this in your table.**



From: The Biology Corner <http://www.biologycorner.com/worksheets/lungcapacity.html>  
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# Measuring Lung Capacity Lab Answer Key

**Huangqi Zhang**



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