

# RESPIRATORY VOLUMES

VOLUME = amount of space something takes up. (AIR breathed in & out)

TIDAL VOLUME = amount of air taken in during normal breathing.

EXPIRATORY RESERVE = amount of air left in the lungs after normal expiration.

INSPIRATORY RESERVE = amount of air beyond the normal breath in, that can be inspired.

VITAL CAPACITY = total amount the lungs can hold.

$$\underline{T.V.} + \underline{E.R.} + \underline{I.R.} = \underline{V.C.}$$

