# 3.1.1 Applied anatomy and physiology

## 3.1.1.3 Respiratory System

**Lung Volumes**



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| --- | --- | --- | --- |
| **Lung volume** | **Definition** | **Resting volume** | **Increase/decrease in volume due to exercise** |
| Tidal volume (TV) |  |  |  |
| Frequency (F) |  |  |  |
| Minute ventilation(VE) |  |  |  |
| Inspiratory reserve volume |  |  |  |
| Expiratory reserve volume |  |  |  |
| Residual Volume |  |  |  |

**Diffusion**





Copy down the diagram of diffusion at the lungs (external respiration) from the board

Draw your own diagram of diffusion at the muscles (internal respiration)

What is the definition of Partial Pressure?

Sketch a graph to show the impact of exercise on Minute Ventilation. Think back to your graph on HR.

Answer the following question:

Explain the impact of poor lifestyle choices on the respiratory system.