



TIDAL VOLUME

Amount of air one breathes (IN or OUT) during a normal breath.

INSPIRATORY RESERVE VOLUME

Amount of air one can breathe IN *over and above* a normal inhalation.

EXPIRATORY RESERVE VOLUME

Amount of air one can breathe OUT *over and above* a normal exhalation.

RESIDUAL VOLUME

Amount of air remaining in air passages after a maximum forced exhalation.

LUNG CAPACITIES:

ADDING 2 or more Lung Volumes

VITAL CAPACITY

Amount of air one can forcibly inhale after a maximum forced exhalation.

INSPIRATORY CAPACITY

Maximum amount of air that can be inspired after a normal exhalation.

FUNCTIONAL RESIDUAL CAPACITY

Amount of air remaining after a normal exhalation.

TOTAL LUNG CAPACITY

Sum of all four volumes.