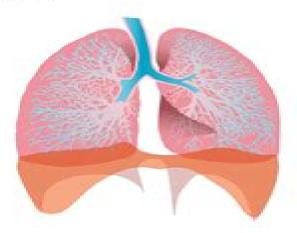
Respiratory System Lab Activities

Lab 1: Build-A-Lung

Your lungs are so important, but they are often given more credit than they deserve. Your lungs are responsible for the exchange of gas between the atmosphere and the blood, or external respiration. Your lungs are NOT responsible for inflating and deflating themselves, though! Beneath your lungs sits a sheet of muscle known as the diaphragm. Like all muscles, this skeletal muscle sheet contracts and relaxes. When the diaphragm contracts, it pulls down towards the abdominal cavity, making the thoracic cavity larger. A larger space means less pressure and more room for your lungs! This decrease in pressure causes your lungs to inhale. When the diaphragm relaxes, it pushes up into the thoracic cavity, making it smaller. This increase in pressure on your lungs forces them to exhale.



Using the reading above, fill out the following chart on the action of the diaphragm.

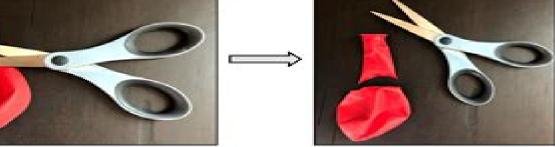
Diaphragm Action	Contract	Relax
Does the diaphragm move up or down?	down	up
Does this make the thoracic cavity larger or smaller?	larger	smaller
Does this increase or decrease pressure on the lungs?	decrease	increase
Does it cause the lungs to inhale or exhale?	inhale	exhale

In this portion of the lab, you are going to build a model of the diaphragm and lungs. Your teacher should have provided you with the following resources:

- Plastic 16 oz bottle with no lid and the bottom cut off
- Two balloons

How to build a lung:

Step 1: Take one of the balloons and cut the neck off right as it starts to widen into the main part of the balloon.



Answer Key To Respiratory Interactive Physiology

Feng Kong, Aaron Shain Heller, Carien M. van Reekum, Wataru Sato

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