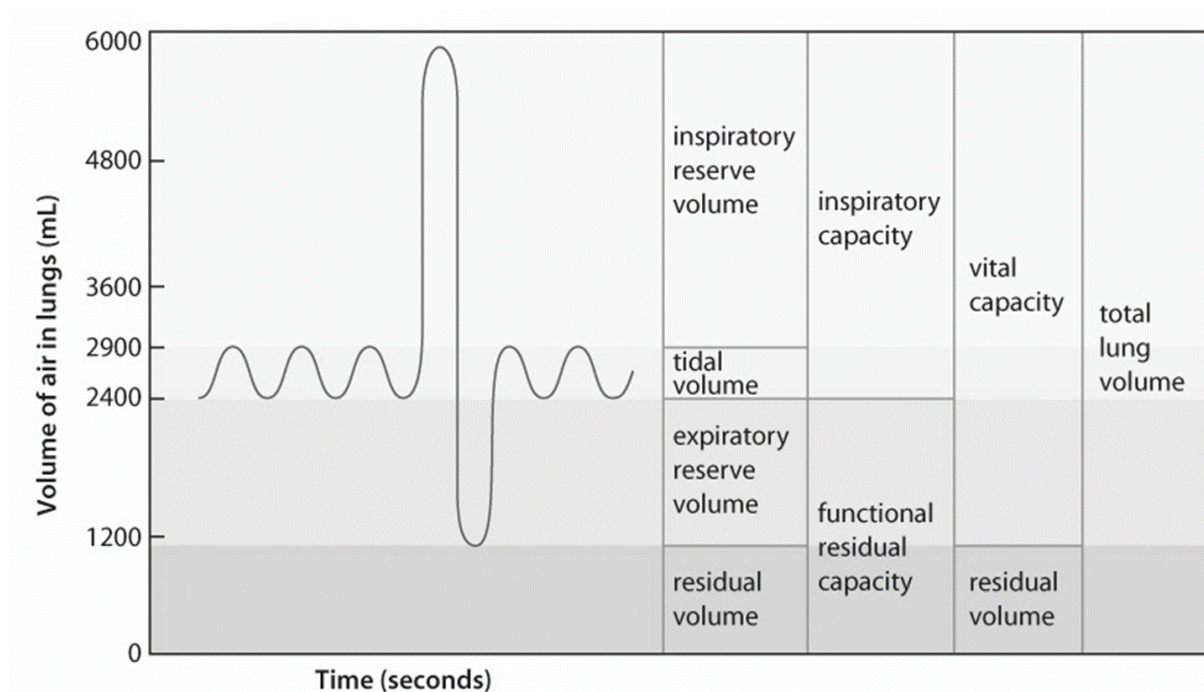




The picture above shows the average amounts of volumes in the lungs and their measurements. Volume of the lungs are measured in liters (l) and, as you can see, the average set of lungs hold 6l of air. (**Look back at the keywords to refresh yourself on the terms**). Memorizing lots of terms may sound tricky, however you will be given ways to memorize them later, so don't worry!

Try to answer the table below on a piece of paper

answers will be given at the bottom of/last page.

	Diaphragm	Ribcage	Volume inside ribcage	Pressure inside ribcage	Lungs
INHALE	contracts				Inflate
EXHALE				decreases	

mnemonics and visual memorization

Memorizing information can be challenging, but using mnemonic devices and visualization can help. Let's break down the information and create some memory aids:

1. **Alveoli:** Many tiny air sacs in the lungs for rapid gas exchange.