

May 22, 2019

1) Breathing

Warm-Up

You take ~  inhalations per minute

## 23-2 Breathing



Breathing and Respiration are two different things. Respiration is the chemical process, breathing is a mechanical process.

Breathing is the process by which air enters and leaves the body.

Breathing is made possible by the ribs, rib muscles and the diaphragm.



## Inhalation



On an inhale the rib muscles contract and the ribs move upward and outward at the same time the diaphragm contracts and moves downward, increasing the space in your chest cavity.

The chest expands and as the space in your chest cavity increases, the air pressure inside is decreased compared to outside the body and air rushes in and fills the lungs.

## Exhalation

Rib muscles relax and ribs move inward and downward. The diaphragm relaxes and moves upward. This decreases the amount of space in the chest cavity.

The chest becomes smaller, the air pressure inside is increased compared to outside the body and air rushes out.

pg 406 #6,7

Section Review 23-2