

Lung Capacity Challenge Review

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Understanding Our Respiratory System

Name: _____

Date: _____

Answer the following questions based on what you learned about lung capacity and the respiratory system.

1. What is lung capacity and why is it important?

2. What method did we use to measure lung capacity?

- A. Water displacement
- B. Breath counting
- C. Balloon inflation

3. Exercise can temporarily increase our lung capacity.

- True False

4. Lungs are like special ____ that expand and contract.

5. Why do you think athletes might have larger lung capacities?

6. According to Job 33:4, who gives us life?

- A. The Spirit of God
- B. The air we breathe
- C. Our exercise routine

7. Everyone has the same lung capacity.

- True False

8. Deep breathing helps our bodies by providing more ____ to our cells.

9. How does exercise change our breathing?

10. What does the verse from Job 33:4 teach us about breath?

- A. It is a biological function
- B. It is a divine gift
- C. It is unimportant

Answer Key

1. Lung capacity is the amount of air our lungs can hold. It is important because it affects how well we can breathe and exercise. 2. 0 3. True 4. balloons 5. Athletes often train their bodies, which can lead to stronger lungs and more efficient breathing. 6. The Spirit of God 7. False 8. oxygen 9. Exercise increases our heart rate and breathing rate, allowing us to take in more oxygen. 10. It is a divine gift