Lab report

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**Explain the change in IC during exercise?**

During exercise, the body needs more oxygen and the lungs require more oxygen to breathe. Exercise makes the body requirement for oxygen higher than normal, as the body requires more oxygen and more energy. The depth of respiration increases with exercise. With all other changes to the respiratory system, IC increases since oxygen requirement increases. More oxygen is carried to the cells to provide more energy. In response, the heart beats faster than normal to allow more oxygen to be reached to the cells of the body (Siriwardena & Fan, 2018).

**Explain the change in FRC during exercise?**

The functional residual capacity (FRC) is the amount of air which is left in the lungs after expiration. It is calculated as the sum of two lung volumes that is RV and ERV. The volume of air left after expiration is FRC. During exercise ERV decreases which causes the value of FRC to decreases during exercise (Siriwardena & Fan, 2018). The value of FRC declines as the volume of air remained in the lungs during exercise is low.

References

Siriwardena, M., & Fan, E. (2018). Descent into heart and lung failure. In *Mechanical Circulatory and Respiratory Support* (pp. 3–36). Elsevier.