

<p style="text-align: center;">Respiratory Rate</p> <p>In normal ventilation, the respiratory rate (f or RR) is approximately 15 respiratory cycles per minute. This value varies with the level of activity</p>	<p style="text-align: center;">Tidal volume</p> <p>During the respiratory cycle, a specific volume of air is drawn into and then expired out of the lungs; this is the Tidal Volume (VT). Average VT value at rest is 500-600ml.</p>
<p style="text-align: center;">Expired Minute Volume</p> <p>The product of f and VT ($f \times VT$) is the Expired Minute Volume (VE), the amount of air expired in one minute of breathing. This changes according to the level of activity.</p>	<p style="text-align: center;">Inspiratory Reserve Volume (IRV)</p> <p>The maximal volume of gas that can be inspired from the resting usual respiratory position. The average value for males is 3000ml and for females is 1900ml</p>
<p style="text-align: center;">Expiratory Reserve Volume (ERV)</p> <p>The maximal volume of gas that can be exhaled from the usual resting expiratory position. The average value for males is 1200ml and for females is 800ml.</p>	<p style="text-align: center;">Residual Volume (RV)</p> <p>The volume of gas remaining in the lungs at the end of a maximal exhalation. Average value for males is 1200ml and for females is 1000ml.</p>
<p style="text-align: center;">Total lung capacity (TLC)</p> <p>The amount of gas contained in the lung at the end of a maximal inhalation. Average value for males is 6000ml and for females is 4200ml.</p>	<p style="text-align: center;">Vital capacity (VC)</p> <p>The maximum volume of gas that can be expelled from the lungs following a maximal inhalation. Average value for males is 4800ml and for females is 3200ml. The measurement of vital capacity simply requires that an individual blow as large a breath of air as possible into a spirometer</p>
<p style="text-align: center;">Functional residual capacity (FRC)</p> <p>The volume of gas remaining in the lungs at the resting end-exhalatory position. Average values: male 2400ml, female 1800ml.</p>	<p>The size of your lungs is not only related to your biological gender, but also age and height. Females tend to have smaller lung volumes generally due to their smaller stature. The height of individuals is positively correlated with their lung volumes, with taller people having larger lungs. Conversely, the older a person gets the smaller their lung volumes become.</p>