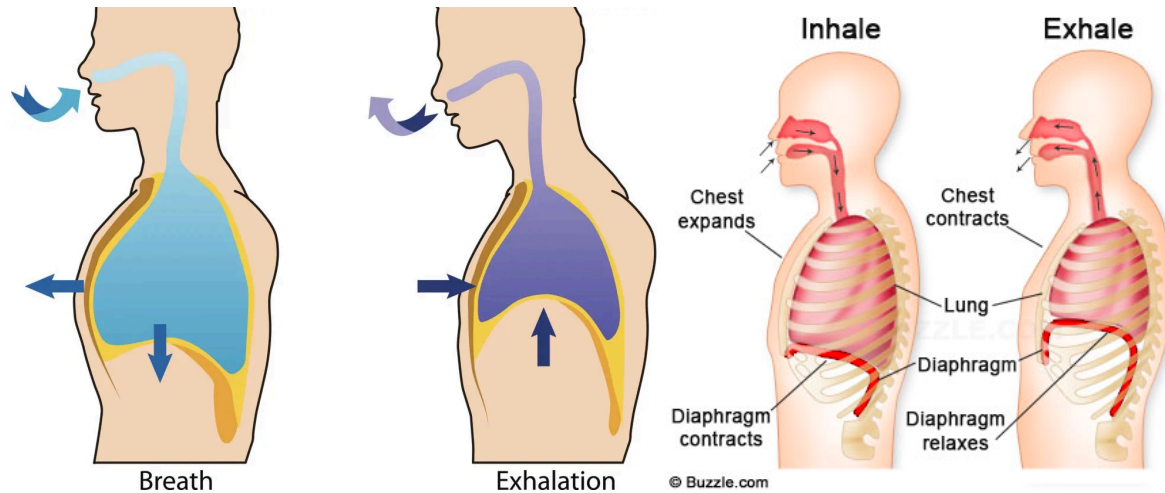


Mechanism of Breathing



Watch video: <https://www.youtube.com/watch?v=hp-gCvW8PRY>

The process of breathing:

- When we inhale, it **lowers** the **pressure** in the lungs as the space inside the lungs **increase**
- Due to the airtight seal in the **chest cavity**, the **diaphragm** and **intercostal muscles** are able to contract, and this expands the **lungs** and **ribcage** and air rushes in as a result
- When we **exhale**, the lung **pressure increases** and the **diaphragm relaxes** - this **decreases** the **space** in the **chest cavity** and the **ribcage** returns to its normal position.

Brainstorm:

- 1) Why do breathing rates change when we are resting vs. when we are exercising?
- 2) What is the difference between voluntary and involuntary breathing?
- 3) Identify which activity requires voluntary or involuntary breathing:

Voluntary:

Involuntary: