

**Course Name : Bachelor of Physical Education**

**Year : IInd**

**Paper Name : Kinesiology and Physiology of Exercise**

**Paper No. Ist**

**Lecture No. 20**

**Topic no. : Prac. - 4**

**Lecture Title : Efficiencies Tests : Vital capacity and Expiratory Force Tests - I**

**F.A.Q**

**Q1. What are the types of lung function tests ?**

**Ans** - Spirometry, Gas diffusion, Body plethysmography, Inhalation challenge test, Exercise stress test.

**Q2. What is Spirometry**

**Ans** - Spirometry is the most common lung function test. It measures how much and how quickly you can move air out of your lungs. You breathe into a mouthpiece attached to a machine called a spirometer. The machine records your results.

**Q3. What are Gas diffusion tests ?**

**Ans** - Arterial blood gases: This test shows the amount of oxygen and carbon dioxide in your bloodstream.

Carbon monoxide diffusion capacity (also called DLCO): This test measures how well your lungs transfer a small amount of carbon monoxide (CO) into the blood. Two different methods are used for this test:

Single-breath or breath-holding method: You take a breath of air from a container. The air contains a very small amount of carbon monoxide. Measurements are taken as you breathe in.

Steady-state method: You do the same thing but measurements are taken as you breathe out.

**Q4. Lung function tests are done to find.**

**Ans -** the cause of breathing problems, Find certain lung diseases, such as asthma or chronic obstructive pulmonary disease (COPD). Check a person's lung function before surgery. Check the lungs of someone who is regularly exposed to chemicals or other things that can damage the lungs. Check how well treatments for lung diseases are working

**Q5. What is Total lung capacity (TLC) ?**

**Ans -** This is the total amount of air your lungs can hold. For this test, you sit inside a small airtight room. You breathe through a mouthpiece while pressure and airflow measurements are collected.