

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

Summary

Lung function tests check how well your lungs work. The tests can find lung problems, measure how serious they are, and check to see how well treatment for a lung disease is working. The tests look at: How much air your lungs can hold. How quickly you can move air in and out of your lungs. How well your lungs put oxygen into and remove carbon dioxide from your blood.