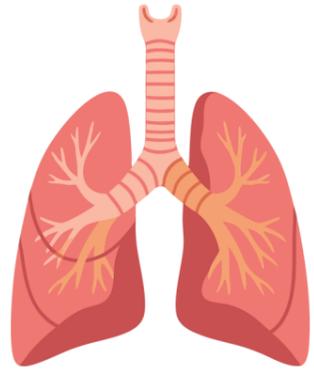


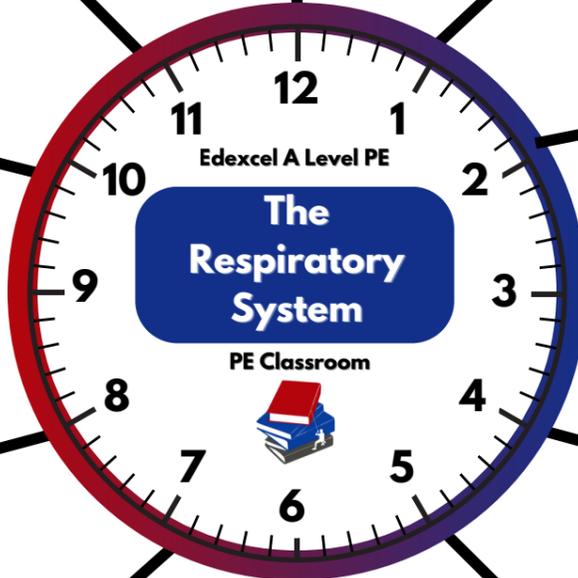
**Structure of the Respiratory System**



**Mechanics of Breathing at Rest/During Exercise**

**Gas Exchange/Diffusion**

**Venous Return Mechanisms**



**The Transportation of Oxygen/Bohr Effect**

**Effects of an Unhealthy Lifestyle**

**Acute Responses (Structural & Functional)**

**Regulation of Breathing (RCC)**

**Lung Volumes - Response to Exercise**

**Lung Values/Spirometer**