

## KEY FACTS

- Inhalation: diaphragm contracts (down), ribcage up+out, volume  $\uparrow$ , pressure  $\downarrow$  → air in
- Exhalation: diaphragm relaxes (up), ribcage down+in, volume  $\downarrow$ , pressure  $\uparrow$  → air out
- Alveoli: large SA, thin walls, moist, dense capillaries → efficient gas exchange

## KEY TERMS

<b>Diaphragm</b>	Muscle beneath lungs — contracts during inhalation
<b>Alveolus</b>	Tiny air sac — gas exchange surface in lungs

■ EXAM TIP: Inhalation: diaphragm DOWN, ribcage UP AND OUT, pressure DECREASES. All three direction changes needed.