|  |  |  |  |
| --- | --- | --- | --- |
| Volume measurement  (L) | Individual (L) | Class average (Male)  (L) | Class average (Female)  (L) |
| Tidal Volume (TV) | .5 | .6 | .5 |
| Inspiratory Reserve (IRV) | 2 | 3 | 1.9 |
| Expiratory Reserve (ERV) | 1.1 | 1.2 | .8 |
| Vital Capacity (VC) | 3.6 | 4.8 | 3.2 |
| Residual Volume (RV) | ≈1.5 | ≈1.5 | ≈1.5 |
| Total Lung Capacity (TLC) | 5.1 | 6.3 | 4.7 |
| Minute Volume (MV) at rest | 6 | 7.2 | 6 |

