

Name _____

The Diaphragm: Your Breathing Buddy

Short Answer

1. Describe the diaphragm's structure and its attachment points.
2. How does the diaphragm create space in the chest cavity during inhalation?
3. Explain how the diaphragm helps with the removal of carbon dioxide during exhalation.
4. Discuss the automatic control of the diaphragm by the brain and when it might adjust your breathing rate.
5. Why is the diaphragm crucial for the breathing process, and how does it contribute to overall health?

