

## CWSF 2014 - Windsor, Ontario



### **Breathe! A Study of Vital Lung Capacity in Singers and Non-Singers**

**Challenge:** Health

**Category:** Junior

**Region:**

**City:** ,

**School:**

**Abstract:** This study compares the Vital Lung Capacity of singers and non-singers. The hypothesis was that people who sing regularly will have a greater vital lung capacity than non-singers, and singers who engage in regular aerobic activity will have an even greater vital lung capacity. The hypothesis was well-supported, with singers averaging a 10% greater vital lung capacity. The results regarding aerobic activity were inclusive.