

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.