

Distinguish, differentiate, compare and explain what are the differences between breathing and respiration. Comparison and Difference.

Differences between Breathing and Respiration

1. In breathing, movement of air into and out of the lungs. In respiration, a breakdown of food to release energy.
2. In breathing, muscles are involved. In respiration, muscles are not involved.
3. Energy is not released while breathing process. Energy is released in respiration process.
4. Breathing takes place in and out of the lungs. Respiration takes place in all body cells.

Steady Run