

Table 1.5. A description of the “Standard Man”. (Using data from [37, 44])

age	30 yr
height	1.72 m (5 ft 8 in)
mass	70 kg
weight	690 N (154 lb)
surface area	1.85 m ²
body core temperature	37.0°C
body skin temperature	34.0°C
heat capacity	0.83 kcal/kg-°C (3.5 kJ/kg-°C)
basal metabolic rate	70 kcal/h (1,680 kcal/day, 38 kcal/m ² -h, 44 W/m ²)
body fat	15%
subcutaneous fat layer	5 mm
body fluids volume	51 L
body fluids composition	53% intracellular; 40% interstitial, lymph; 7% plasma
heart rate	65 beats/min
blood volume	5.2 L
blood hematocrit	0.43
cardiac output (at rest)	5.0 L/min
cardiac output (in general)	3.0 + 8 × O ₂ consumption (in L/min) L/min
systolic blood pressure	120 mmHg (16.0 kPa)
diastolic blood pressure	80 mmHg (10.7 kPa)
breathing rate	15/min
O ₂ consumption	0.26 L/min
CO ₂ production	0.21 L/min
total lung capacity	6.0 L
vital capacity	4.8 L
tidal volume	0.5 L
lung dead space	0.15 L
lung mass transfer area	90 m ²
mechanical work efficiency	0–25%

There are wide variations about these typical values for body parameters. Also, these values are different for different regions; the ones in the table typify American males in the mid-1970s. Values for women are different than for men; for example, their typical heights and weights are lower and their percentage of body fat is higher.