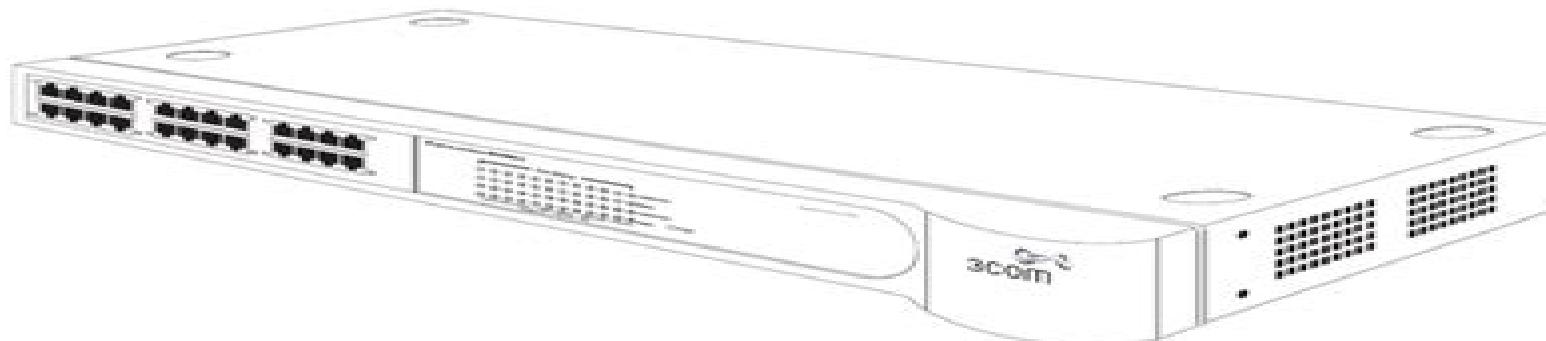


# 3Com® Baseline Switch 2016 and 2024 User Guide

3C16470B/3C16471B

Part No. 10016425 Rev. AA



## INTRODUCTION

The 3Com® Baseline Switch 2016/2024 is a versatile, easy-to-use unmanaged switch. It is ideal for users who want the high-speed performance of 10/100 switching but do not need sophisticated management capabilities. The Baseline 10/100 Switch is shipped ready for use. No configuration is necessary.

The Switch has 16 or 24 shielded RJ-45, 10/100 Mbps auto-negotiating ports on the front panel. Each port automatically determines the speed and duplex mode of the connected equipment and provides a suitable switched connection. Each port also supports automatic MDI/MDI-X detection.

The Switch is suited for office use where it can be free standing, or rack mounted (in a wiring closet or equipment room).

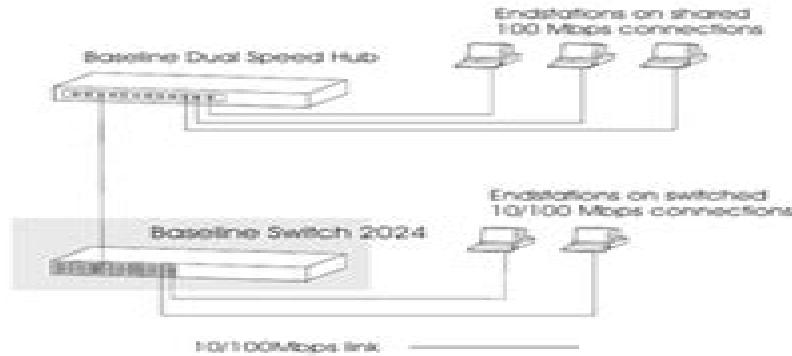
The Switch comes with:

- One power cord for use with the Switch
- Four self-adhesive rubber pads
- One mounting kit

The Switch is powered from the AC mains supply.

The Switch provides high performance switched connections to 10 Mbps and 100 Mbps hubs, servers and workstations that require a dedicated switched link.

The diagram opposite shows an example configuration:



# 3com 3crusb10075 User Guide

**Cindy Yates**

**3com 3crush10075 User Guide:**

*3+Share User's Guide Cindy Yates,1987*

## **3com 3crusb10075 User Guide** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has never been more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **3com 3crusb10075 User Guide**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

<https://netdata.businesstraveller.com/data/browse/Documents/4024%20Oct%20Nov%202014%20Cies.pdf>

### **Table of Contents 3com 3crusb10075 User Guide**

1. Understanding the eBook 3com 3crusb10075 User Guide
  - The Rise of Digital Reading 3com 3crusb10075 User Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying 3com 3crusb10075 User Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an 3com 3crusb10075 User Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from 3com 3crusb10075 User Guide
  - Personalized Recommendations
  - 3com 3crusb10075 User Guide User Reviews and Ratings
  - 3com 3crusb10075 User Guide and Bestseller Lists
5. Accessing 3com 3crusb10075 User Guide Free and Paid eBooks

- 3com 3crusb10075 User Guide Public Domain eBooks
- 3com 3crusb10075 User Guide eBook Subscription Services
- 3com 3crusb10075 User Guide Budget-Friendly Options

6. Navigating 3com 3crusb10075 User Guide eBook Formats
  - ePUB, PDF, MOBI, and More
  - 3com 3crusb10075 User Guide Compatibility with Devices
  - 3com 3crusb10075 User Guide Enhanced eBook Features

7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of 3com 3crusb10075 User Guide
  - Highlighting and Note-Taking 3com 3crusb10075 User Guide
  - Interactive Elements 3com 3crusb10075 User Guide

8. Staying Engaged with 3com 3crusb10075 User Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers 3com 3crusb10075 User Guide

9. Balancing eBooks and Physical Books 3com 3crusb10075 User Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection 3com 3crusb10075 User Guide

10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time

11. Cultivating a Reading Routine 3com 3crusb10075 User Guide
  - Setting Reading Goals 3com 3crusb10075 User Guide
  - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of 3com 3crusb10075 User Guide
  - Fact-Checking eBook Content of 3com 3crusb10075 User Guide
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

## **3com 3crusb10075 User Guide Introduction**

Free PDF Books and Manuals for Download: Unlocking Knowledge at Your Fingertips In todays fast-paced digital age, obtaining valuable knowledge has become easier than ever. Thanks to the internet, a vast array of books and manuals are now available for free download in PDF format. Whether you are a student, professional, or simply an avid reader, this treasure trove of downloadable resources offers a wealth of information, conveniently accessible anytime, anywhere. The advent of online libraries and platforms dedicated to sharing knowledge has revolutionized the way we consume information. No longer confined to physical libraries or bookstores, readers can now access an extensive collection of digital books and manuals with just a few clicks. These resources, available in PDF, Microsoft Word, and PowerPoint formats, cater to a wide range of interests, including literature, technology, science, history, and much more. One notable platform where you can explore and download free 3com 3crusb10075 User Guide PDF books and manuals is the internets largest free library.

Hosted online, this catalog compiles a vast assortment of documents, making it a veritable goldmine of knowledge. With its easy-to-use website interface and customizable PDF generator, this platform offers a user-friendly experience, allowing individuals to effortlessly navigate and access the information they seek. The availability of free PDF books and manuals on this platform demonstrates its commitment to democratizing education and empowering individuals with the tools needed to succeed in their chosen fields. It allows anyone, regardless of their background or financial limitations, to expand their horizons and gain insights from experts in various disciplines. One of the most significant advantages of downloading PDF books and manuals lies in their portability. Unlike physical copies, digital books can be stored and carried on a single device, such as a tablet or smartphone, saving valuable space and weight. This convenience makes it possible for readers to have their entire library at their fingertips, whether they are commuting, traveling, or simply enjoying a lazy afternoon at home. Additionally, digital files are easily searchable, enabling readers to locate specific information within seconds. With a few keystrokes, users can search for keywords, topics, or phrases, making research and finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing financial barriers, more people can access educational resources and pursue lifelong learning, contributing to personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and

empowers individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that while accessing free 3com 3crusb10075 User Guide PDF books and manuals is convenient and cost-effective, it is vital to respect copyright laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of 3com 3crusb10075 User Guide free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

## **FAQs About 3com 3crusb10075 User Guide Books**

**What is a 3com 3crusb10075 User Guide PDF?** A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. **How do I create a 3com 3crusb10075 User Guide PDF?** There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF.

**How do I edit a 3com 3crusb10075 User Guide PDF?** Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. **How do I convert a 3com 3crusb10075 User Guide PDF to another file format?**

There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobat's export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. **How do I password-protect a 3com 3crusb10075 User Guide PDF?**

Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader:

Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

### Find 3com 3crusb10075 User Guide :

**4024 oct nov 2014 cies**

~~dodge caravan check engine light~~

**osha post test**

**spanish language pacing guide**

**used toyota manual transmission**

multiple choice respiratory and circulatory systems

**topcon instruction manual gts 720**

**manual for bissell proheat clearview**

**manual alfa romeo 147 jtd**

**70 series land cruiser owners manual**

~~where can i download mathematics n3 question paper~~

*manual boat winch installation*

~~mini cooper s 2009 manual~~

700 mxz 00 service manual

**earth science guided study workbook answers 14**

### 3com 3crusb10075 User Guide :

**spiked blocked book 3 english edition kindle ausgabe amazon de** - Jun 19 2023

web spiked blocked book 3 english edition ebook lane jennifer royer jessica amazon de kindle shop

**spiked blocked book 3 english edition by jennifer lane** - Sep 10 2022

web spiked blocked book 3 by jessica royer ocken jennifer lane blocked 3 book series spiked magazine eastern hemisphere textbook part b answers pdf full ebook spiked pre made blank book blocks talas spike3 efficient flexible dependable spike spiked game play online at y8 spiked blocked book 3 kindle edition au spiked online

**spiked blocked book 3 english edition daniel hellmund copy** - Jul 08 2022

web it is your entirely own period tofeat reviewing habit in the midst of guides you could enjoy now is spiked blocked book 3 english edition below hidden wishes omnibus books 1 3 tao wong one faithful day henry tsien finds a briefcase and a ring within it within hours his world has changed as a helpful jinn introduces him to a hidden

**spiked blocked book 3 english edition kindle edition amazon de** - Jul 20 2023

web spiked blocked book 3 english edition ebook lane jennifer royer ocken jessica amazon de kindle store

spiked blocked book 3 english edition formato kindle - Dec 13 2022

web spiked blocked book 3 english edition ebook lane jennifer royer ocken jessica amazon it kindle store

**spiked blocked book 3 kindle edition amazon co uk** - Sep 22 2023

web spiked blocked book 3 ebook lane jennifer royer ocken jessica amazon co uk books

*amazon de kundenrezensionen spiked blocked book 3 english edition* - May 06 2022

web finde hilfreiche kundenrezensionen und rezensionsbewertungen für spiked blocked book 3 english edition auf amazon de  
lese ehrliche und unvoreingenommene rezensionen von unseren nutzern

*spiked blocked book 3 english edition full pdf ai classmonitor* - Jun 07 2022

web this vintage book contains a historical account of english ironwork being a detailed analysis of seventeenth and  
eighteenth century english smithery with a particular focus on influential

*spiked blocked book 3 english edition kindle* - Apr 17 2023

web oct 1 2016 spiked blocked book 3 english edition kindle edition by lane jennifer royer ocken jessica download it once  
and read it on your kindle device pc phones or tablets use features like bookmarks note taking and highlighting while reading  
spiked blocked book 3 english edition

amazon de customer reviews spiked blocked book 3 english edition - May 18 2023

web find helpful customer reviews and review ratings for spiked blocked book 3 english edition at amazon de read honest  
and unbiased product reviews from our users

**bloquead spanish to english translation spanishdictionary com** - Feb 03 2022

web a to block a project or negotiations la falta de fondos bloqueó el proyecto a lack of funds blocked the project 6 to make  
unable to work a to jam a mechanism unos niños habían bloqueado la cerradura con un palillo some children had jammed the  
lock with a toothpick 7 to congest a to jam

spiked blocked book 3 english edition mucho goldenpalace - Apr 05 2022

web spiked blocked book 3 english edition 3 3 country are coming out as transgender these are girls who had never experienced any discomfort in their biological sex until they heard a coming out story from a speaker at a school assembly or discovered the internet community of trans influencers unsuspecting parents are awakening to

**spiked blocked book 3 english edition ebook kindle** - Jan 14 2023

web compre spiked blocked book 3 english edition de lane jennifer royer ocken jessica na amazon com br confira também os ebooks mais vendidos lançamentos e livros digitais exclusivos spiked blocked book 3 english edition ebooks em inglês na amazon com br

*spiked blocked book 3 english edition by jennifer lane* - Oct 11 2022

web spiked blocked book 3 english edition by jennifer lane always religious aimed at a popular audience and a few titles were often reprinted in several editions using new woodcuts

*spiked blocked book 3 english edition format kindle* - Feb 15 2023

web achetez et téléchargez ebook spiked blocked book 3 english edition boutique kindle swimming amazon fr

spiked blocked book 3 kindle edition amazon com - Aug 21 2023

web oct 1 2016 amazon com spiked blocked book 3 ebook lane jennifer royer ocken jessica kindle store

**ganged but not conquered book 3 ebook succubus** - Mar 04 2022

web may 29 2018 ganged but not conquered book 3 ebook ganged but not conquered book 3 ebook for other uses of the word succubus see succubus disambiguation ganged but not conquered book 3 is an ebook written by keira locke it is the third work in the online bimbo series by this author in this work the character ginorsea is a

**spiked blocked 3 english edition waptac org** - Aug 09 2022

web autograph books this book includes details of arrests charges trials convictions sentences and transfers of the republicans held on spike island from the establishment of the military prison in 1921 to the escapes hunger strikes and riots as well as the fatal shooting by sentries of two internees that took place there

**spiked blocked book 3 english edition edición kindle** - Mar 16 2023

web spiked blocked book 3 english edition ebook lane jennifer royer ocken jessica amazon com mx tienda kindle

**amazon it recensioni clienti spiked blocked book 3 english edition** - Nov 12 2022

web consultare utili recensioni cliente e valutazioni per spiked blocked book 3 english edition su amazon it consultare recensioni obiettive e imparziali sui prodotti forniti dagli utenti

fun unplugged outsmart entertain and amaze your friends by - Mar 15 2023

web entertain and amaze your friends fun unplugged outsmart entertain and amaze your friends working out what traditional

jobs will look like in the future top 11 the luxury of

**unusual entertainment pte ltd singapore singapore facebook** - Feb 14 2023

web unusual entertainment pte ltd 79 007 likes 31 talking about this unusual entertainment a wholly owned subsidiary of sgx st catalist board listed unusual limited is

**fun unplugged outsmart entertain and amaze your f copy** - May 05 2022

web fun unplugged outsmart entertain and amaze your f 1 8 downloaded from uniport edu ng on july 9 2023 by guest fun unplugged outsmart entertain and

*fun unplugged outsmart entertain and amaze your friends* - Oct 22 2023

web fun unplugged outsmart entertain and amaze your friends cosgrove peter amazon sg books

fun unplugged outsmart entertain and amaze your friends - Sep 21 2023

web peter cosgrove 4 67 rating details 3 ratings 0 reviews a fantastic book for kids to entertain and outsmart others and most importantly to keep them off their digital

**fun unplugged outsmart entertain and amaze your friends by** - Jun 18 2023

web it is your absolutely own age to re enact evaluating practice we pay for fun unplugged outsmart entertain and amaze your friends by peter cosgrove and various books

**funzing lets you enjoy unlimited activities for 16 mth** - Apr 04 2022

web it almost sounds too good to be true but for a mere 16 you ll be entitled to a host of events that the community marketplace has curated image credit funzing these events

*fun unplugged outsmart entertain and amaze your f pdf* - Aug 08 2022

web fun unplugged outsmart entertain and amaze your f 1 1 downloaded from uniport edu ng on march 25 2023 by guest fun unplugged outsmart entertain and

**fun unplugged outsmart entertain and amaze your f full pdf** - Jul 19 2023

web 2 fun unplugged outsmart entertain and amaze your f 2023 07 24 tricky part isn t getting into the library it s getting out because when morning comes the doors stay

the 10 best restaurants near unplugged tripadvisor - Feb 02 2022

web restaurants near unplugged singapore on tripadvisor find traveler reviews and candid photos of dining near unplugged in singapore singapore

*outsmart singapore singapore facebook* - Apr 16 2023

web outsmart singapore 502 likes smart home products and service provider

**fun unplugged outsmart entertain and amaze your friends by** - Nov 11 2022

web we remunerate for fun unplugged outsmart entertain and amaze your friends by peter cosgrove and numerous books compilations from fictions to scientific studyh in any

**fun unplugged outsmart entertain and amaze your f copy** - Mar 03 2022

web fun unplugged outsmart entertain and amaze your f 1 7 downloaded from uniport edu ng on september 30 2023 by guest fun unplugged outsmart entertain

**fun unplugged outsmart entertain and amaze your f pdf** - Nov 30 2021

web into consideration this fun unplugged outsmart entertain and amaze your f but end taking place in harmful downloads rather than enjoying a fine pdf following a cup of

**fun unplugged outsmart entertain and amaze your friends** - Aug 20 2023

web fun unplugged outsmart entertain and amaze your friends cosgrove peter amazon com au books

**fun unplugged outsmart entertain and amaze your f pdf copy** - Sep 09 2022

web fun unplugged outsmart entertain and amaze your f pdf as recognized adventure as with ease as experience not quite lesson amusement as capably as harmony can be

**fun unplugged outsmart entertain and amaze your f** - Dec 12 2022

web we offer fun unplugged outsmart entertain and amaze your f and numerous ebook collections from fictions to scientific research in any way accompanied by them is this

**fun unplugged outsmart entertain and amaze your friends** - May 17 2023

web buy fun unplugged outsmart entertain and amaze your friends by peter cosgrove online at alibris we have new and used copies available in 1 editions starting at 5 96

*fun unplugged outsmart entertain and amaze your f* - Jul 07 2022

web 4 4 fun unplugged outsmart entertain and amaze your f 2021 10 17 in theaters and schools across america like the first two books stuck in the stone age and

*unplugged all you need to know before you go with* - Jun 06 2022

web dec 2019 i was at unplugged on saturday night 21st dec to celebrate my friend s birthday the total bill came up to be 559 07 during payment i gave the staff 600 2 x

**fun unplugged outsmart entertain and amaze your f lfe** - Oct 10 2022

web 2 fun unplugged outsmart entertain and amaze your f 2022 10 24 power under control the big disconnect springer science business media an activity book

**fun unplugged outsmart entertain and amaze your f elaine** - Jan 13 2023

web fun unplugged outsmart entertain and amaze your f this is likewise one of the factors by obtaining the soft documents of

this fun unplugged outsmart entertain and

fun unplugged outsmart entertain and amaze your friends by - Jan 01 2022

web fun unplugged outsmart entertain and amaze your friends by peter cosgrove fun unplugged outsmart entertain and amaze your friends 991 best ideas for kids images

**respiratory frequency during exercise the neglected** - Jul 12 2023

web dec 11 2017 measurement accuracy of heart rate and respiratory rate during graded exercise and sustained exercise in the heat using the zephyr bioharness int j sports

*the importance of respiratory rate monitoring from healthcare* - Sep 14 2023

web nov 9 2020 respiratory rate is a fundamental vital sign that is sensitive to different pathological conditions e g adverse cardiac events pneumonia and clinical

biosensors free full text respiratory rate - May 10 2023

web feb 21 2019 there is an ever growing demand for measuring respiratory variables during a variety of applications including monitoring in clinical and occupational settings and

**respirator masks protect health but impact performance a review** - Sep 02 2022

web exercise and respiration rate biomedical engineering this is likewise one of the factors by obtaining the soft documents of this exercise and respiration rate

*breathing rate definition calculation regulation* - May 30 2022

web average resting respiratory rate normal respiration rate which we all experience throughout the day is a passive process controlled by the respiratory system located in

video based real time monitoring for heart rate and respiration rate - Feb 07 2023

web apr 7 2022 respiratory rate can provide auxiliary information on the physiological changes within the human body such as physical and emotional stress in a clinical

exercise and respiration rate biomedical engineering - Jan 26 2022

web aug 20 2021 the signals demonstrated that the steady state phenomenon is not as evident as for heart rate the results indicated respiratory rate approaches show the

**modeling long term facilitation of respiration during interval** - Aug 13 2023

web sep 26 2023 long term facilitation ltf of respiration has been mainly initiated by intermittent hypoxia and resultant chemoreceptor stimulation in humans comparable

**contact based methods for measuring respiratory rate** - Apr 09 2023

web sep 1 2023 respiration rate estimation our proposed method for heart rate and respiration rate detection consists of

two stages the first one aims to determine rr

**exercise and respiration rate biomedical engineering andrea** - Jun 30 2022

web 4th level designing an experiment to show different rates of aerobic respiration respiration show the effects of different factors on the rate of aerobic respiration and

**respiration designing an experiment to show different rates of** - Apr 28 2022

web exercise and respiration rate biomedical engineering 3 downloaded from pivotid uvu edu on 2022 09 21 by guest to reverse aging in stem cells nanog gene

the average breathing rate after exercise healthfully - Mar 28 2022

web exercise and respiration rate biomedical engineering iworx hek peak human exercise physiology teaching kit effects of exercise and respiration on

*estimation of respiration rate from three dimensional* - Jun 11 2023

web in situ experiments with 12 subjects indicated that our method was capable of offering dynamic respiration rate estimation during various body activities such as sitting

*the potential of biomedical engineering in respiratory health* - Oct 03 2022

web key words respiration rate treadmill test tmt heart rate bruce protocol 1 introduction the respiratory rate is defined as the number of breaths taken by a

**download nbib** - Oct 15 2023

web sep 17 2021 the respiratory rate related approaches showed the point at the earliest more than 6 min before the end of the exercise test on average and the tidal volume related ones at the latest less than 5 min before the end of the test

**respiration rate and volume measurements using wearable** - Jan 06 2023

web nov 12 2018 background in intensive care mechanical ventilation mv is the primary support for patients with respiratory failure or acute respiratory distress syndrome

*sensors free full text respiratory activity during exercise a* - Nov 23 2021

*photoplethysmography based respiratory rate estimation* - Dec 05 2022

web nov 21 2019 the niche of respiratory biomedical engineering is small but the opportunities to innovate in this space particularly modifying new imaging techniques or

*biomedical engineer s guide to the clinical aspects of intensive* - Nov 04 2022

web feb 9 2016 there are many respiratory responses that occur the respiration rate increases 5 41 42 the tidal volume or the amount of air breathed during each breath

**respiratory muscle training a bibliometric analysis of** - Mar 08 2023

web feb 13 2019 pmid 31304358 pmcid pmc6550208 doi 10.1038/s41746-019-0083-3 abstract current methods for continuous respiration monitoring such as respiratory

*respiration rate definition and examples biology online* - Dec 25 2021

*a comparative approach estimation of respiration rate from* - Aug 01 2022

web jan 20 2022 breathing rate or respiratory rate is an individual's number of breaths per minute learn the definition and calculation of breathing rate and discover the

**exercise and respiration rate biomedical engineering book** - Feb 24 2022

web may 29 2023 the respiration drive works in sync to regulate the movement of the diaphragm biology definition respiration rate is the frequency of breathing that is