**Year 9 GCSE PE CORID 19 Work (After Easter)**

Week 6: 25/05/20 – 29/05/20 **(Skeletal and Muscular Systems)**

**Short / Long Term Effects of Exercise on the Skeletal and Muscular Systems**

**Learning Objectives**:

To be able to identify and describe the short term effects of exercise on the Skeletal and Muscular Systems

To be able to identify and describe the long term effects of exercise on the Skeletal and Muscular Systems

Please define the following terms:

**Resistance to Fatigue:**

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**Lactic Acid Production:**

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**Hypertrophy:**

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**Muscular Strength:**

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**Muscular Endurance**:

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**Bone Density:**

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**Ligaments**

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**Osteoporosis**

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**Synovial Fluid**

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**Cartilage**

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**Task:** Please put the following effects of exercise in the correct column. With each short and long term effect, can you draw an arrow as to whether this would increase/improve or decrease/get worse during exercise

|  |  |  |  |
| --- | --- | --- | --- |
| **Short/Immediate effects of exercise on the muscular system**  **Straight Away** | | **Long term effects of exercise on the muscular system**  **6 weeks and beyond** | |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Increase/Improve

Decrease/Get worse

Oxygen to working muscles Muscular Temperature Resistance to Fatigue

Lactic Acid Production Muscular Hypertrophy Muscular Strength

Muscular Endurance

|  |  |  |  |
| --- | --- | --- | --- |
| **Short/Immediate effects of exercise on the skeletal system**  **Straight Away** | | **Long term effects of exercise on the skeletal system**  **6 weeks and beyond** | |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Increase/Improve

Decrease/Get worse

Bone Density Synovial Fluid Less likely to get injured

Ligaments Range of movement Osteoporosis Cartilage

**Explain the long term effects of exercise on the muscular skeletal systems. (6 marks)**

**……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….………………………………………………………………………….…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….…………**

Which one is the odd one out? **(1 mark)**

1. Increased Bone Density
2. Thicker Cartilage
3. Improved Muscular Endurance
4. Greater range of movement

Which of the following is a short term effect of exercise on the muscular system? **(1 mark)**

1. Decreased muscle temperature
2. Increase oxygen to working muscles
3. Hypertrophy of Muscles