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

Week 5: 18/05/20 – 22/05/20 **(Cardiovascular System)**

**Part 3 – Short / Long Term Effects of Exercise on the Cardiovascular System**

**Learning Objectives**:

To be able to identify and describe the short term effects of exercise on the Cardiovascular System

To be able to identify and describe the long term effects of exercise on the Cardiovascular System

What is the role of red blood cells?

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

Please define the following terms:

**Heart Rate:**

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

**Stroke Volume:**

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

**Cardiac Output:**

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

**Vascular Shunt Mechanism:**

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

**Capillarisation**:

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

**Hypertrophy:**

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

**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 cardiovascular system****Straight Away** | **Long term effects of exercise on the cardiovascular system****6 weeks and beyond** |
|  |  |  |  |
|  |  |  |  |
|   |  |  |  |

Increase/Improve

Decrease/Get worse

Heart Rate Stroke Volume Cardiac Output

Vascular Shunt Mechanism Resting Heart Rate Resting Stroke Volume

Capillarisation Rate of Recovery Hypertrophy of Heart

**Exam questions**

1. Which one of these is an immediate effect of exercise? **(1)**

A Improvement in muscular endurance

B Improvement in stamina

C Increase in aerobic fitness

D Increase in heart rate

2. Describe two short term effects which the pre-season training programme could have on the players’ hearts.

 **(2)**

1.

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

2. …………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………