**Year 9 GCSE PE CORID 19 Work (After May Half Term)**

Week 10: 22/06/20 – 26/06/20 **(Respiratory System)**

**Part 4 – Short / Long Term Effects of Exercise on the Respiratory System**

**Learning Objectives**:

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

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

How does the cardiovascular system and the respiratory work together during exercise?

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Please define the following terms:

**Tidal Volume:**

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**Breathing rate:**

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**Minute Ventilation**

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**Gaseous Exhange:**

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**Intercoastal muscles**:

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**Vital Capacity:**

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**Oxygen Debt:**

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

Increase/Improve

Decrease/Get worse

Breathing rate Vital Capacity Tidal Volume

Intercoastal muscle strength Gaseous exchange becomes more efficient

Minute ventilation Oxygen Debt

**Exam questions**



1. An increase in minute ventilation is one of the short term effects of exercise on the respiratory system. Please state two more short term effects.
2. …………………………………………………………………………..
3. ……………………………………………………………………………

 **(1 mark)**