

Assessment

Immediate Effects of Exercise

Name _____

Date _____

1. Name five changes that takes place in your body when you exercise of take part in a strenuous sport:

_____, _____,
_____, _____,

2. During exercise what is the name of the hormone which causes the heart rate to quicken?

3. When we are hot the body cools itself by _____ and when we are extremely our body _____ to riase its temperature.

4. To work more efficiently muscles need energy - energy comes from food, which is mainly converted to _____.

5. Muscles also need plenty of _____.

6. What are two effects of regular training and exercise. _____

7. What are two long term benefits of exercise _____

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Name KEY

Date _____

1. Name five changes that takes place in your body when you exercise of take part in a strenuous sport:

heart beats stronger and faster, breathing quickens and deepens,

body temperature increases, you start to sweat,

your muscles begin to ache

2. During exercise what is the name of the hormone which causes the heart rate to quicken?

Adrenaline

3. When we are hot the body cools itself by sweating and when we are extremely our body shivering to riase its temperature.

4. To work more efficiently muscles need energy - energy comes from food, which is mainly converted to glucose.

5. Muscles also need plenty of oxygen to work effectively.

6. What are two effects of regular training and exercise. recovery rate becomes quicker

heart pumps more blood per beat resting pulse rate becomes lower

number of capillaries increases

7. What are two long term benefits of exercise reduces the rick of coronary heart

disease -- you can work harder for longer -- improves the cardiovascular system and

help to reduce blood pressure -- reduce stress and burn off excess calories