……………………

I now need to include:

**Q: Discuss the long-term training effects of regular exercise in physical activity on the cardiovascular system, and why those effects are important to performance in endurance events. (6 marks)**

*There are many effects which take place on the cardiovascular system both short term and long term…………………………………..*

*The immediate effects are*  …………………………………………………….

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*There are also many long term effects on the cardiovascular system* …………………………………………………………………………………

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*To conclude my answer* …. ……………………………………………..…………………..

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**Attempt 2 - GfG**

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**Cardiovascular System – 6 mark question**

**Attempt 1**

**Mark Scheme**

**1-2:**

* A number of simple statements that discuss the benefit short term and long term training on the cardiovascular system and why these effects are important to an athlete
* 1-2 Developed statement linked to long term effects linked to the above
* No conclusion

**3-4:**

* Minimum of 3 developed statements that discuss benefit of short term and long term training on the cardiovascular system and explain why these effects are important to an athlete (no balance)
* Short conclusion

**5-6:**

* At least 4 developed statements that discuss the benefit of short term and long term training on the cardiovascular system and explain why these effects are important to an athlete (balanced and succinct responses)
* Conclusion