**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)***

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HINT = Mention: Short term effects Long term effects

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I now need to include:

**Attempt 2 - GfG**

**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

**Cardiovascular System – 6 mark question**