

Why does the cardiovascular system change in exercise and what are the long-term effects to aid performance? (6)

***Key Words:***

Stroke volume, heart rate, cardiac output, hypertrophy, oxygen delivery, strengthen blood vessels

Explain how the circulatory system adapts following a period of regular exercise

**6 mark question:** in your book Have a second attempt at the 6 mark question including any relevant information which you have learnt in todays lesson.

**INSTA a summary of something you have learnt this lesson:**

**Starter**: Have a go at the 6 mark question on the cardiovascular system.

Can you suggest what happens to your cv system when you begin to exercise?

I can identify/describe/explain the immediate and long term effects of exercise on the cardiovascular system

Now where would you rate your knowledge?

**Exam Q: Exercise causes an increase in demand on the cardiovascular system. Explain ONE benefit of these changes to the performer (2**)

***State an immediate effect:* ………………………………………………………………**

**………………………………………………………………**

**………………………………………………………………………………………………………………………………**

***How does it benefit the performer?* ………………………………………………………………**

**………………………………………………………………………………………………………………………………**

**………………………………………………………………**

**Exam Q: Identify and explain TWO long-term benefits of regular training on the cardiovascular system (4)**

***1st long term effect:* ……………………………………………………………………**

**………………………………………………………………………………………………………………………………………..**

***How would it benefit us?* ……………………………………………………………………**

**……………………………………………………………………**

**……………………………………………………………………**

***2nd long term effect:* ……………………………………………………………………**

**…………………………………………………………………………………………………………………………………………**

***How would it benefit us?* ……………………………………………………………………**

**………………………………………………………………………………………………………………………………………..**

**………………………………………………………………**

v

**Task**: Research long term effects of exercise on the cardiovascular system (use handout to gather key information)



Can you now suggest what happens to your cv system in the long term if you train regularly?

v

**Task**: Watch the video and make notes on the immediate effects of exercise on the cardiovascular system

Discuss the long term training effects of regular exercise using appropriate sporting examples.

v

Identify the immediate effects of exercise on the cardiovascular system