

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)

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

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**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.

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Identify the immediate effects of exercise on the cardiovascular system