



**Subject: Physical Education Year 9 PE Spring 1**  
**Topic : Long Term Effects of exercise**

	Long Term Effects of Training	Effect on performance	Body System	
1	<b>Increase in bone width and density</b>	Less likely to be injured or break a bone	<b>The Skeletal System</b>	<b>All these long term effects allow the body to work harder for longer therefore improving performance in any sport</b>
2	<b>Reduced chance of osteoporosis</b>	Bones are stronger for longer		
3	<b>Joints</b> are more stable	Can produce more power and withstand more force without injury		
4	Muscles get bigger ( <b>hypertrophy</b> )	Muscles are stronger and can produce more power	<b>The Muscular System</b>	
5	<b>Muscular endurance improves</b>	Muscles can work for longer without tiring therefore players can run/jog for longer.		
6	<b>Lower resting heart rate</b> and quicker recovery rate	Waste products are removed quicker and you are ready to train/play again sooner	<b>The Cardiovascular System</b>	
7	Heart <b>increases in size and strength (cardiac hypertrophy)</b>	More blood is pumped out in one beat, therefore heart doesn't have to work as hard.		
8	<b>Reduced resting blood pressure</b>	Put less strain on the blood vessels and the heart		
9	<b>Increased lung volume</b>	More oxygen taken in more Carbon dioxide removed.	<b>The Respiratory System</b>	
10	<b>Increased strength</b> of respiratory muscles	Can take larger/stronger breaths so can work for longer at a higher intensity.		
11	<b>Increased efficiency</b> of gaseous exchange	Oxygen enters body quick and carbon dioxide leaves quicker		

# BENEFITS OF EXERCISE

@Effichronic



## INCREASE YOUR CHANCES OF LIVING LONGER

Physical activity can reduce your risk of dying early from the leading causes of death, like heart disease and some cancers

## REDUCE YOUR RISK OF HEART DISEASES

Exercise strengthens your heart and improves your circulation. The increased blood flow raises the oxygen levels in your body. This helps lower your risk of heart diseases



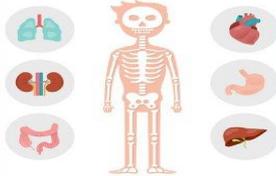
## IMPROVE YOUR MENTAL HEALTH AND MOOD

During exercise, your body releases chemicals that can improve your mood and make you feel more relaxed. This can help you deal with stress and reduce your risk of depression.



## STRENGTHEN YOUR BONES AND MUSCLES

Regular exercise can help slowing the loss of bone density that comes with age. Doing muscle-strengthening activities can help you increase or maintain your muscle mass.



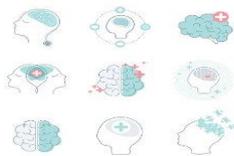
## REDUCE YOUR RISK OF FALLS

Doing balance and muscle-strengthening activities in addition to moderate-intensity aerobic activity can help reduce your risk of falling.



## HELP KEEP YOUR THINKING, LEARNING, AND JUDGMENT SKILLS SHARP AS YOU AGE

Exercise stimulates your body to release proteins and other chemicals that improve the structure and function of your brain.



[HTTPS://MEDLINEPLUS.GOV/BENEFITSOFOXERCISE.HTML](https://medlineplus.gov/benefitsofexercise.html)



## ASSESSMENT

For your end of unit (half term) assessment, you will be required to complete the following task:  
Multiply choice test on the Long term effect of exercise.

## Top 10 Cardiovascular Endurance Exercises

 <b>CRISSCROSS JUMPS</b>	 <b>FROG JUMPS</b>
 <b>SUPERBALL BOUNCE</b>	 <b>BOXER BOUNCES</b>
 <b>RUN IN PLACE</b>	 <b>JUMP ROPE</b>
 <b>High Knee March</b>	 <b>Scissor Steps</b>
 <b>JUMPING JACKS</b>	 <b>MOUNTAIN CLIMBERS</b>

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