



Topic: Immediate Effects of Exercise on the Body

When a person takes part in exercise the cardiovascular, respiratory, energy and muscular systems all work together to supply energy to the working muscles and remove waste products.

When the muscles start to work, they need more oxygen so the respiratory system responds by getting more oxygen into the lungs. The blood carries greater amounts of oxygen and the heart responds to pump more oxygenated blood around the body.

ASSESSMENT

For your end of unit (half term) assessment, you will be required to complete the following task:

- Written knowledge test on the Immediate Effects of Exercise on the Body (20 multiple choice questions).





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Immediate Effects of Exercise on the Body (1)

	Immediate Effects of Training	Body System
1	Increase temperature of synovial fluid	The Skeletal System
2	Increased flexibility	
3	Rise in muscle temperature	The Muscular System
4	Increased blood flow to muscles	
5	Increased flexibility	
6	Muscle soreness (DOMS)	
7	Increased heart rate, cardiac output	The Cardiovascular System
8	Blood diverted to muscles from digestion and other systems (vascular shunting)	
9	Increase in blood pressure	
10	Increased rate of breathing	The Respiratory System
11	Increased rate of gaseous exchange	
12	Increased depth of breathing	



Indirectly, exercise improves mood and sleep, and reduces stress and anxiety. Problems in these areas frequently cause or contribute to cognitive impairment.



No matter what your current weight, being active boosts high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides.



Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance.



Over 70% of the body's immune cells are produced in the gut, meaning the majority of our immune system is housed in the gut.



From boosting cognitive function to improving outcomes for prostate cancer patients to treating chronic pain, being physically active can improve overall health.



Regular physical activity can keep the muscles around affected joints strong, decrease bone loss and may help control joint swelling and pain.



Exercise should definitely be the mainstay of the prevention and treatment of osteoporosis; often however, physicians don't have enough know-how for evidencebased prescription of exercise.



Resistance exercises strengthen muscles, which, in turn, provide better support and protection for the foot as a whole.