

Unit 2 Task Sheet 6(d)

AC1.3: The short term effects of exercise on body systems

AC1.4: The long term effects of exercise on body systems.

Scenario: Before taking part in fitness training programmes it is important that you understand the short term and long term effects of training at different levels of intensity on the body systems.

Describe the effects on the Cardiovascular, Cardiorespiratory, Muscular-skeletal and energy systems of the following:

Type of Training	Effects on Body Systems
3 minutes very intense running.	
10 minutes gentle jogging.	
12 weeks of high intensity circuit training.	
12 weeks of low intensity jogging.	