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AQA GCSE PHYSICAL EDUCATION
Anaerobic and Aerobic exercise / The short term and long term effects of exercise

Aerobic and Anaerobic respiration

1)Aerobic	Presence of oxygen	**3)Aerobic equation during exercise**	glucose + oxygen ⟶ energy + carbon dioxide + water
2)Anaerobic respiration	In the absence of enough oxygen	**4)Anaerobic equation during exercise**	glucose ⟶ energy + lactic acid

5)EPOC (Oxygen Debt)

Excess Post-exercise Oxygen Consumption (EPOC)	Increased rate of oxygen intake following vigorous activity (anaerobic)	
Oxygen Debt	Temporary oxygen shortage in the body due to vigorous exercise (anaerobic)	
Lactic Acid	Waste product produced following anaerobic exercise	
Caused by:	anaerobic exercise (producing lactic acid) and requires the performer to maintain increased breathing rate after exercise to repay the debt.	
Recovery process from vigorous exercise:	**6)Cool down**	maintain elevated breathing rate/heart rate (blood flow), stretching, removal of lactic acid
	7)Manipulation of diet	rehydration, carbohydrates for energy
	8)Ice baths/massage	prevention of delayed onset muscle soreness (DOMS)

Short term and long-term effects of exercise

9)Immediate effects of exercise (during exercise)	• hot/sweaty/red skin • increase in depth and frequency of breathing • increased heart rate.	**10)Short-term effects of exercise (up to 36 hours after exercise)**	• tiredness/fatigue • light headedness • nausea • aching/delayed onset muscle soreness (DOMS)/cramp.	**11)Long-term effects of exercise (months and years of exercising)**	• body shape may change • improvements in specific components of fitness • build muscle strength • improve muscular endurance • improve speed • improve suppleness • build cardio vascular endurance • improve stamina • increase in the size of the heart (hypertrophy) • lower resting heart rate (bradycardia).