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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)					
<b>Excess Post-exercise Oxygen Consumption (EPOC)</b>		Increased rate of oxygen intake following vigorous activity (anaerobic)			
<b>Oxygen Debt</b>		Temporary oxygen shortage in the body due to vigorous exercise (anaerobic)			
<b>Lactic Acid</b>		Waste product produced following anaerobic exercise			
<b>Caused by:</b>		anaerobic exercise (producing lactic acid) and requires the performer to maintain increased breathing rate after exercise to repay the debt.			
<b>Recovery process from vigorous exercise:</b>		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)	<ul style="list-style-type: none"> <li>• hot/sweaty/red skin</li> <li>• increase in depth and frequency of breathing</li> <li>• increased heart rate.</li> </ul>	10)Short-term effects of exercise (up to 36 hours after exercise)	<ul style="list-style-type: none"> <li>• tiredness/fatigue</li> <li>• light headedness</li> <li>• nausea</li> <li>• aching/delayed onset muscle soreness (DOMS)/cramp.</li> </ul>	11)Long-term effects of exercise (months and years of exercising)	<ul style="list-style-type: none"> <li>• body shape may change</li> <li>• improvements in specific components of fitness</li> <li>• build muscle strength</li> <li>• improve muscular endurance</li> <li>• improve speed</li> <li>• improve suppleness</li> <li>• build cardio vascular endurance</li> <li>• improve stamina</li> <li>• increase in the size of the heart (hypertrophy)</li> <li>• lower resting heart rate (bradycardia).</li> </ul>