

Willingdon Community School
NCFE Level 1/2 Technical Award in Health and
Fitness (603/2650/5)

Unit 01 Introduction to body systems and
principles of training in health and fitness -
Effects of health and fitness activities on the
body

Learner information

The marks available for each question are shown
in brackets.

Maximum time allowed - 40 minutes

Short term effects of exercise

1. How many hours is short term deemed to be up to? -
_____ hours

Explain what happens to the following short term effects when exercising:

Short term effects on the body	Effect
Breathing rate	
Heart rate	
Stroke volume	
Cardiac output	
Blood pressure	
Body temperature	
Hydration levels	

2. Complete the following table. Explain **why** each short term effect occurs when you exercise

Breathing rate -

Heart rate

Stroke volume

Cardiac output

Blood pressure

Body temperature

Hydration levels

Muscle fatigue

Delayed onset of muscle soreness
