

Short-term Effects of Exercise

Learning Outcomes:

Must: describe the short-term effects of exercise (5)

Should: explain the short-term effects providing practical examples (6)

Could: analyse the short-term effects of exercise using data(7)

Importance of a...

Warm up: _____

Cool down: _____

Aerobic Exercise: _____

Anaerobic Exercise: _____

Effect	Description	Practical Example
Heart - Cardiovascular		
Lungs - Respiratory		
Other short-term effects of exercise		

Resting Heart Rate

Working Heart Rate

2 Minutes into recovery

4 minutes into recovery

6 minutes recovery

