



Long Term Effects of Exercise

Over time, exercise can have different long term effects on the body that help the body adapt and cope with the demands of a sport/physical activity.

Task 1: How many long term effects of exercise can you think of?

Task 2: Categorise the long term effects into the following body systems:

- Cardiovascular system
- Respiratory system
- Muscular system



Long distance running



Pilates



Weight lifting



Sprinting

Task 3: For the activities above, describe two long term effects that will occur as a result of the activity.

Extension: How does hypertrophy impact performance for one of the activities above?