

The Immediate Effects of Exercise



During or immediately after exercise

The Short Term Effects of Exercise



24-36 hours following exercise

The Long Term Effects of Exercise



Months or Years of taking part in training/exercise



The Immediate Effects of Exercise

Hot/Sweaty/Red Skin



Increase in depth & frequency of breathing



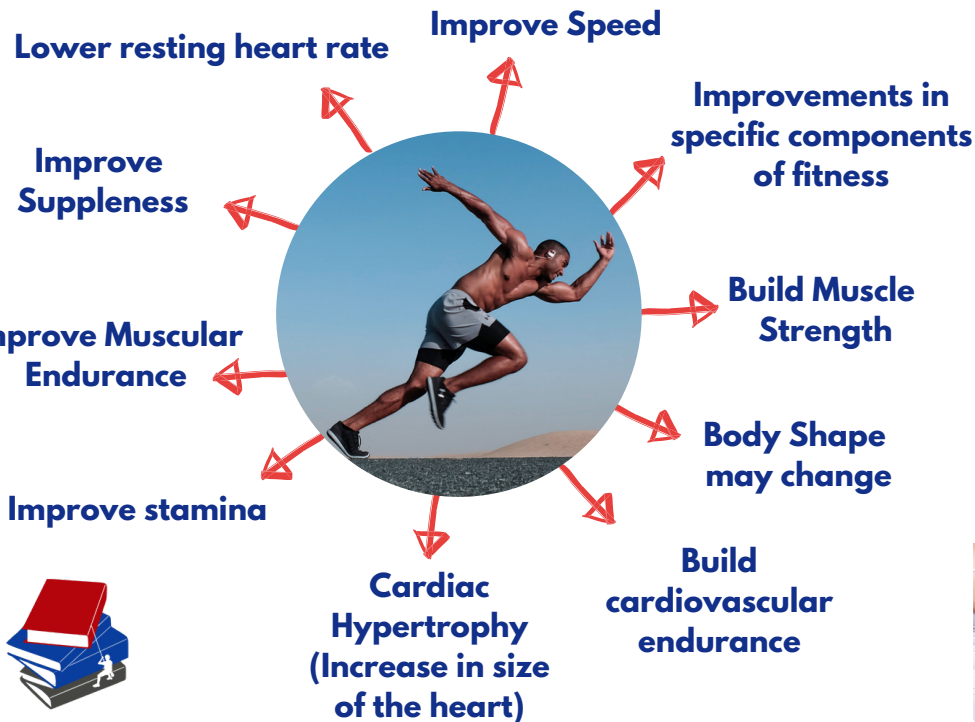
Increased heart rate



PE COMPONENT 1 - EFFECTS OF EXERCISE



The Long Term Effects of Exercise



The Short Term Effects of Exercise

Tiredness/Fatigue



Following intense exercise, **adrenaline** will still be pumped around the body so the feeling of **tiredness** does occur immediately.

Light Headedness

Nausea



Pushing the body to its **limits** through **strenuous** activity can result in nausea and light headedness

Aching/DOMS/ Cramp



DOMS stands for the **delayed onset of muscle soreness**. Anaerobic activity can lead to **DOMS** and **Cramp**.

