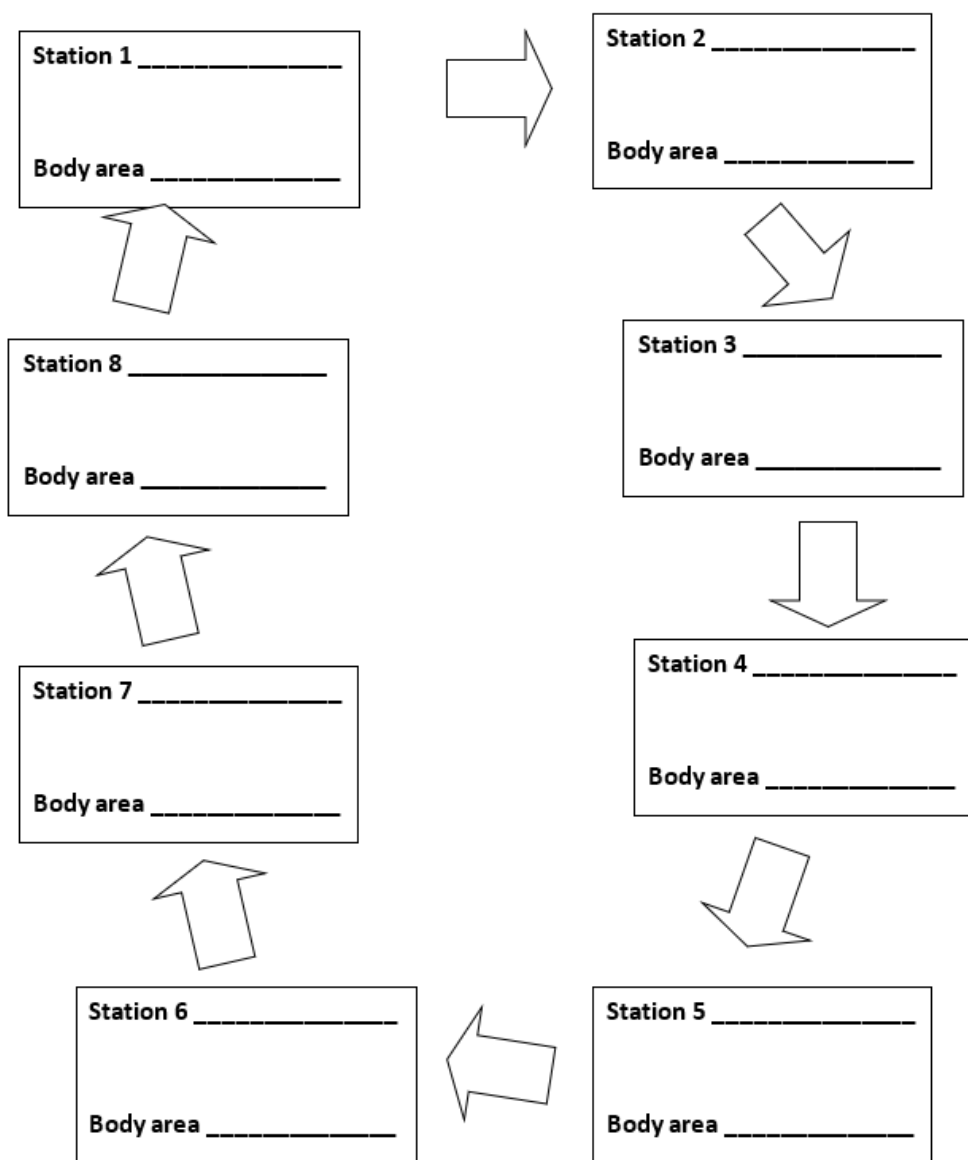


HEALTH AND FITNESS
TASK 1

My Circuit Design



For a sport of your choice, choose 8 stations and explain what body area that each station will work on.

Could you choose stations that will improve different components of fitness?

HEALTH AND FITNESS

TASK 2

Create a session to improve cardiovascular endurance using a suitable training type


HEALTH AND FITNESS

TASK 3

IMMEDIATE EFFECTS OF EXERCISE

Immediate effects: These are the changes which occur during training or Sport and happen immediately. For example, they might happen during a football match or single gym session.



<u>IMMEDIATE EFFECTS</u>	<u>WHY DOES THIS HAPPEN?</u>
<p>Increased Heart Rate</p> 	
<p>Increased Blood Pressure</p> 	
<p>Breathing becomes deeper</p> 	
<p>Sweating</p> 	
<p>Body temperature raises</p> 	
<p>Lactic acid builds up</p> 	

The Major Bones in the Human Body

Label the diagram of the skeleton.

