

## A Level Physical Education

Students should develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery.

Students should be able to interpret data and graphs relating to changes within the musculo-skeletal, cardio-respiratory and neuro-muscular systems and the use of energy systems during different types of physical activity and sport, and the recovery process.

### **3.1.1.1 Cardio-respiratory system**

Students should understand the relationship between the cardiovascular and respiratory systems and how changes within these systems prior to exercise, during exercise of differing intensities and during recovery allow the body to meet the demands of exercise. They should also understand how taking part in physical activity and sport, as part of a healthy lifestyle, can have a positive effect on these systems.

#### Tasks:

1. Hand draw and label a picture of the cardiovascular system.
2. Hand draw and label a picture of the respiratory system.
3. Create a booklet to explain how these two systems work together.

#### Things to include;

- Cardiac conduction system
- Neural control mechanism
- Cardiac output, stroke volume and heart rate
- Cardiovascular drift
- Blood pressure
- Venous return and control of blood flow
- Gaseous exchange
- Lung volumes
- Mechanics of breathing