

Year 7 Cycle 2 – Immediate, Short- and Long-Term Effects of Exercise

Week 1 and 2 Immediate Effects	Week 3 and 4 Short Term Effects	Week 5 and 6 Long Term Effects	Week 7 and 8 Physical health & well-being	Week 9 and 10 Mental (emotional) health & well-being	Week 11 and 12 Social health & well-being
The immediate effects of exercise begin as soon as you start to exercise. Immediate effect 1 – Heart rate increases. Your heart begins to work harder as it needs to deliver oxygen to the working muscles. Immediate effect 2 – Temperature increases. As you begin to exercise you will begin to feel hotter. Immediate effect 3 – Your breathing rate increases deepens. This is because you need to get more oxygen to the working muscles. Immediate effect 4 – Sweating and red skin. These 2 things happen because it's how the body deals with temperature control. 	The short-term effects of exercise can occur any time between 24-36 hours after you finish exercising. - Muscle cramps - Fatigue - Light headed - Nauseous - Muscle aches  DOMS: if your exercise with high intensity. DOMS stands for Delayed onset Muscle Soreness. Some of the negative short-term effects – such as feeling fatigued, light headed and nauseous – are quite common until you establish a regular exercising routine. Once you have this routine they are likely to disappear.	Change 1 – Improved body shape. This can be in lower body weight or improved muscle tone. Change 2 – Improved components of fitness. Increase your strength, muscular endurance, flexibility and cardiovascular fitness. Change 3 – Your cardiovascular endurance will improve. This means you will be able to exercise for longer. Change 4 – Your muscles will increase in size and produce greater strength. When muscles are trained small tears are created. As these tears heal, they become thicker. This process is called hypertrophy. Change 5 – Your heart will increase in size. This is called cardiac hypertrophy. This will enable the heart to deliver more oxygen to the working muscles. Change 6 – Your resting heart rate will be lower. Bradycardia is the name given to a low resting heart rate. A resting heart rate below 60 BPM is bradycardic	To have good physical health & well-being means: •All your body systems are working well •You are free from illness & injury •You are able to carry out every-day tasks  Regular exercise can make improvements to your physical health & wellbeing in the following ways: 1.Improves heart function –reduces chances of a heart attack. 2.Reduces the risk of some illness –reduces chances of heart disease & strokes. 3.Avoidance of obesity – reduces the chances of diabetes linked by being obese.	The World health organisation (WHO) defines mental health & well-being as: a state of well-being where individuals: 1.Realise their own potential 2.Cope with the stresses of life 3.Can work productively & fruitfully The benefits of exercise to mental health & well-being are: 1.Reduce stress/tension –help prevent illnesses such as depression. 2.Increase in serotonin –when release makes you feel good. 3.Greater ability to control emotions – increase confidence & self-esteem.	Social health & well-being is when: •Basic human needs are met (food, shelter & clothing) •Individuals have friendships, support & some value in society •Is socially active & has little stress in social circumstances.  Regular exercise or joining a team or club is a great way to achieve the social benefits as: •Meeting new friends or existing friends •Improves cooperation skills •Increases social activities therefore reducing engaging in anti-social behaviour. 

