**NQF BTEC LEVEL 3 - SPORT**

**Unit 1: Anatomy and Physiology**

**Learning aim B – The effects of exercise and sports performance on the muscular system**

**Activity 9**

As we learnt earlier in this unit when investigating the skeletal system we know that the different systems respond and adapt to exercise. The responses are short term-to a single sport or exercise session and the adaptations are more long term. As we did with the skeletal system we are first going to concentrate on the responses of the muscular system to a single sport or exercise session. In the space remind yourselves of the response of the skeletal system to a single sport or exercise session and then start to think about the muscular system and how this responds to a single sport or exercise session…

Hopefully for the muscular system you will have identified some of these responses listed below, however for the purpose of this unit work your way through the list below and see if you can explain the way in which the muscular system responds to a single sport or exercise session and why these are positive responses…

