

AEROBIC EXERCISES

Long Essay :

- 1) Write an essay on aerobic exercises
- 2) Define aerobic capacity. Explain the types and phases of aerobic exercise
- 3) What are aerobic exercises. Explain the principles of aerobic exercise training and its effect on cardiovascular system
- 4) Explain principles of aerobic exercise training. Mention the effects of this training on the various systems of the body
- 5) What are aerobic exercises? Explain the principles
- 6) Physiological changes that occur during aerobic exercises

Short Essay :

- 1) Define VO₂ max. add a note on FITT principle
- 2) List the basic energy system. Add a note on fatigue and its causes
- 3) Acute and chronic physiological responses to exercise training
- 4) Explain the respiratory adaptations to exercise training

Aerobic Essay Grade 1life Science

Rachel S Tattersall



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