

**Name:**

**Period:**

**Directions:** Answer the following questions about the body’s physiological responses to exercise. You will then choose a scenario from the list provided to answer more specific questions about the topic. This assignment will be your grade for Standard 3.8.1 (Relates physiological responses to individual levels of fitness).

**Due**: Friday, October 9

1. **List four different short-term responses to exercise.**
2. **List four different long-term responses to exercise.**
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  **3**. **Choose two short-term responses to exercise and explain in detail why the body has that specific response to exercise.**

 **4. Choose two long-term responses to exercise and explain in detail why the body has that specific response to exercise.**

**Choose a scenario from the following list to focus your answers on the following questions.**

**Scenario A - If you are an athlete that participates on a sports team at any point during the school year, you will concentrate your answers on the training involved for that sport during the season.**

**Scenario B - If you are active in any sports or activities that are not school sponsored (dance, triathlons, martial arts, etc**)**, you will concentrate your answers on the training involved to participate in that activity.**

**Scenario C - If you do not participate in any sports or activities on your own, think about a person who starts attending step aerobics classes for 45 minutes a day, three days a week, and continues participating in classes for a period of three months.**

1. **Describe the activity/sport that you will be analyzing. Include the number of days/week involved, how long the typical session/practice is, and intensity of session/practice.**
2. **Explain in detail the short-term physiological responses that you experienced at the beginning of your participation.**
3. **Explain in detail the long-term physiological responses that you experienced/experience after three months of participation.**