

Long term adaptations to regular Aerobic exercise, include : TRUE or FALSE	
The heart increases in size	TRUE
Decreased Stroke Volume	FALSE – Stroke Volume actually increases as there is more volume of blood per beat of the heart
Blood Pressure increases	FALSE – Blood Pressure decreases and normalises. Research shows it can reduce up to 10mmHg per Systolic and Diastolic with regular exercise
Increased vital capacity	TRUE
Increased VO2 Max – maximal o2 uptake	TRUE
Capillarisation in the muscles Decrease	FALSE – increased capillarisation occurs in the muscles, to allow for greater blood flow to the muscle tissue – and therefore better oxygen and nutrient supply and easier removal of waste (just like building more roads in a town, to improve accessibility)
Mitochondria in the muscles increase	TRUE
Makes depression and anxiety worse	FALSE – regular exercise is proven to reduce depression and anxiety, due to increased blood flow and endorphins as well as distraction from daily routine
Bone Density increases	TRUE

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Pascal Books



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Mock Exam Papers Level Gym Instructor Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has been evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Mock Exam Papers Level Gym Instructor**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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the invaluable work done by counselors whether it s a school counselor guiding students through academic challenges or a
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