

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 <u>capillarisation</u> 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

Lgym Instructor Mock Paper

David Kirk



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