The heart increases in size 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 Increased VO2 Max - maximal o2 uptake 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 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	Long term adaptations to regular Aerobic exercise, include: TRUE or FALSE	
Blood Pressure increases 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 Increased VO2 Max - maximal o2 uptake 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 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	The heart increases in size	TRUE
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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	Capillarisation in the muscles Decrease	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
reduce depression and anxiety, due to increased blood flow and endorphins as well as distraction from daily routine	Mitochondria in the muscles increase	TRUE
Bone Density increases TRUE	Makes depression and anxiety worse	reduce depression and anxiety, due to increased blood flow and endorphins as well as distraction from
	Bone Density increases	TRUE

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the stick when situations appear Many times the youngest are seen as a nuisance that no one wants to hear from because it is often thought They don't know anything about the outside world That is what I perceived as a young child Little does everyone know that the youngest such as myself know more than what they get credit for by just knowing information There are narratives that have been spread from those closest to me even before I can remember Those points of view only produce parts of what I think or feel It has been years listening and closing my mouth even if it seemed like I had no problem stating my opinions I am ready to say Enough is enough Now is the time for myself to state the narrative that I have been longing to Fire Service Instructor International Society of Fire say without any interruptions Are you able to handle my narrative Service Instructors, Iafc, 2013-04-22 New from the National Fire Protection Association International Association of Fire Chiefs and International Society of Fire Service Instructors Based on the 2012 Edition of NFPA1041 Standard for Fire Service Instructor Professional Qualifications Fire Service Instructor Principles and Practice Second Edition provides students with the up to date information required to meet and exceed the modern job performance requirements for fire service instructors In addition to scores of content enhancements throughout the text this Second Edition is now supported by an unparalleled suite of digital course management and student assessment resources Fire Service Instructor Principles and Practice Second Edition has been updated to include coverage of Fire Service Instructor Levels I II and III New chapters provide expanded emphasis on cultural diversity bias and discrimination in the development and delivery of training Fire Service Instructor Principles and Practice also includes practical coverage of Legal issues The learning process Communication skills Lesson plan development Safety during the learning process Instructor management Iharkhand B.Ed Combined Entrance Exam 2024 (English Edition) | 15 Mock Tests EduGorilla Community Pvt. Ltd., Best Selling Book in English Edition for Jharkhand B Ed Combined Entrance Exam with objective type questions as per the latest syllabus Jharkhand B Ed Combined Entrance Exam Preparation Kit comes with 15 Practice Tests with the best quality content Increase your chances of selection by 16X Jharkhand B Ed Combined Entrance Exam Prep Kit comes with well structured and 100% detailed solutions for all the questions Clear exam with good grades using thoroughly Researched Content by experts

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