

<p><u>WEEK 1</u></p> <p><u>Regular aerobic exercise improves:</u></p> <p>Key Terms</p> <p>Cardiovascular fitness - This is the ability of the heart and lungs to supply the exercising muscles with oxygen to keep them exercising for a long period of time.</p> <p>Muscular endurance - This is when muscles make repeated contractions over a long period of time. It is the ability for the muscles to work for long periods of time without tiring.</p>	<p><u>WEEK 2</u></p> <p><u>Regular resistance exercise improves:</u></p> <p>Key Terms</p> <p>Muscular strength - This is the amount of force that can be generated by the muscles when they contract.</p> <p>Body composition - This is a measure of how much of your body is made up of free fat mass, of vital organs and how much is made up from fat.</p>	<p><u>WEEK 3</u></p> <p><u>Long term effects of exercise on the cardiorespiratory system:</u></p> <p><u>You need to know the following happen as a result of exercise:</u></p> <ul style="list-style-type: none"> • Cardiac hypertrophy • Drop in resting heart rate • Drop in resting blood pressure • Increase in red blood cells • Drop in thickness of blood • Increased vital capacity • Improved efficiency of gaseous exchange
<p><u>WEEK 4</u></p> <p><u>Long term effects of exercise on the musculoskeletal system.</u></p> <p><u>You need to know the following happen as a result of exercise:</u></p> <ul style="list-style-type: none"> • Increased bone density • Increased joint strength of tendons and ligaments. • Muscle hypertrophy • Strengthening of core muscles 	<p><u>WEEK 5</u></p> <p><u>Common Sporting injuries</u></p> <p>Sprain - twisting of ligaments Symptoms - immediate and worsening pain, swelling, bruising, movement issues, difficulty using the area</p> <p>Strain - overstretching a muscle Symptoms - swelling, bruising, or redness, pain at rest, pain when the specific muscle or the joint in relation to that muscle is used, weakness of the muscle or tendons, inability to use the muscle at all</p>	<p><u>WEEK 6</u></p> <p><u>Complex Sporting Injuries</u></p> <p>Dislocation - the displacement of a bone from a joint Symptoms - intense pain, swelling, discolouration, unable to move joint, deformity, numbness, tingling.</p> <p>Ligament tear - tearing of a ligament around a joint Symptoms - popping noise, immediate swelling, instability, increased temperature at the joint, joint feels unstable and movement is difficult</p>

Bruising - ruptured blood vessel under the skin.
Symptoms - pain, tenderness, discolouration of skin, possible swelling.

Fracture - a broken bone (stress, open or closed)

Symptoms - swelling and/or bruising over the bone, pain, loss of function, visible bone (open fractures), deformity, loss of function, unable to weight bear (if in lower limbs)

Tendonitis - inflammation of the tendons at a joint

Symptoms - pain when moving joint, tenderness, acute pain

Shin splints - sharp pain in the lower leg due to excessive running on hard surfaces

Symptoms - aching and pain in shins, pain that increases when exercising, pain improves when resting, numbness in the feet, swelling.