**Paper of exercise physiology**

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Ans no 1: during exercise the body system response immediately to provide energy for the muscle after regular and refuted exercise this system adopt to become more efficient.

In order to gain short and long term benefit on your cardiovascular system you will need exercise regularly it is advice that you perform light exercise such walking foe at least 30 min five day a week you can perform moderate exercise such as running by cycling at least 30 min three day a week

Short term effect of exercise on the cardiovascular system

Many short term effects take place during physical activity

Faster heart contraction; this lead to increase heart rate and increase circulation which gets oxygenated blood to your muscle required.

**More power full heart contraction the** force full contraction pump grate amount of blood.

Increase oxygenated uptake

Increase in carbondioxude formation also the muscle of heart become strong.

Long term effect of exercise on cardiovascular system:

A fairly will condition athlete can see long term cardiovaular effect from exercising in a little is to week.

People who are just beginning to exercise will see effect in up four week these effects include.

The and lungs become more efficient is your cardiovascular tanning in increase.

Decrease resting heart rate which mean your heart does not have beat often circulation.

The stock volume of someone who regularly does exercise will be much higher than other people with exercise the recur of disease

Ans 2; there are some hormone which take place during exercise

Stimulation for ADH

Plasma volume decrease > homodont concentration and increase stimulate osmorecptor in hypothalamus activate.

ADH realest increasing water retention.

Stimulation of rennin for long period of exercise without flowed replace mint can lead to de hydration.

Rennin is secret by the kidney.

Rennin secret angiotensinogen by leaver convert angiotensin 1 and then angiotensin 2.

Angiotensine 2 stimulate adrenal cortex to realest aldosteron vasoconstriction occur due to increase blood pressure

Aldostrone act on the kidney to increase sodium reabsorbtion also reabsorb water molecule and due to urine decrease

**Insulin the** insulin regulates carbohydrate and fate matobaluism and help to reduce level of glucose in the body. **The end**