



Exercise & Oxygen Debt

1 How does aerobic respiration differ from anaerobic respiration?

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.....
.....

[2 marks]

2 Give two disadvantages of anaerobic respiration

- 1)
- 2)

[2 marks]

3 Discuss the changes that take place in the body in response to exercise

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.....
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[4 marks]

4 What is an 'oxygen debt'?

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.....
.....

[2 marks]

5 How could you compare your heart rate before and after a race?

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.....
.....

[2 marks]

6 An athlete takes 63 breaths in 210 seconds. What is their breathing rate?

Breathing rate = breaths per minute

[2 marks]

[Total 14 marks]