

Standard Grade Biology
The Body in Action

4. Changing Levels of Performance.

Checklist Grade

At the end of this topic you should be able to:

- | | | |
|---|--------------------------|---------|
| (a) state that continuous or rapidly repeated contraction of muscle results in fatigue. | <input type="checkbox"/> | General |
| (b) state that muscle fatigue results from lack of oxygen and a build up of lactic acid. | <input type="checkbox"/> | General |
| (c) explain muscle fatigue in terms of anaerobic respiration. | <input type="checkbox"/> | Credit |
| (d) explain why pulse rate and breathing rate increase with exercise. | <input type="checkbox"/> | General |
| (e) state that with exercise the pulse rate, breathing rate and lactic acid level rises less in an athlete than in an untrained person. | <input type="checkbox"/> | General |
| (f) state that recovery time is the time taken to return to normal levels of pulse rate, breathing rate and lactic acid. | <input type="checkbox"/> | General |
| (g) describe how recovery time can be used as an indication of physical fitness. | <input type="checkbox"/> | General |
| (h) explain the relationship between the effects of training and recovery time. | <input type="checkbox"/> | Credit |
| (i) state that reaction times can be improved with practice. | <input type="checkbox"/> | General |

Homework
End of Topic Test
