

## Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

**Unit Title:** Cardiorespiratory Response to Exercise

**Graded Unit Reference Number:** GA33SPO12

**Ungraded Unit Reference Number:** UA33SPO12

**Module:** Sport and Exercise

**Level:** Three (3)

**Credit Value:** Three (3)

**Minimum Guided Learning Hours:** 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the short-term responses of the cardiovascular and respiratory systems to exercise	1.1 Describe the immediate short-term responses of the cardiovascular system to exercise
	1.2 Describe the immediate short-term effect of exercise on the respiratory system
	1.3 Explain the short-term responses of the cardiovascular and respiratory systems to exercise
	1.4 Investigate the recovery of the cardiovascular and respiratory systems following exercise
2. Understand the long-term effects of regular exercise on the cardiovascular and respiratory systems and on general health	2.1 Evaluate the long-term benefits of regular exercise on the cardiovascular system
	2.2 Evaluate the long-term benefits of regular exercise on the respiratory system
	2.3 Describe how the effects of exercise on the cardiovascular and respiratory systems might contribute to general health