

Access to H.E. National Programme Unit



Unit Title:	Cardiorespiratory Response to Exercise		
Graded Unit Code:	GA33SPO12	Ungraded Unit Code:	UA33SPO12
Pathway(s):	Health Hospitality, Leisure and Tourism		
Module(s):	Sport and Exercise		
Level:	3	Credit Value:	3
Valid from:	1 st August 2019	Valid to:	31 st July 2024

The following QAA grade descriptors must be applied if you are delivering the graded version of this unit:

1	Understanding of the subject
2	Application of knowledge
7	Quality

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	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

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
	2.3 Describe how the effects of exercise on the cardiovascular and respiratory systems might contribute to general health