

Communication

International Baccalaureate · IB Diploma · Sports, Exercise and Health Science · HL

Scope and prerequisites

This handout covers selected HL topics for the course first assessed in 2026; it is not the whole syllabus.

Prerequisites: read the stated quantities and units, and use arithmetic and the model conditions below.

The examples are original and fictional: they are not real measurements or real student investigations.

Exercise physiology: responses and recovery

■ What would explain this observation?

- Heart rate increases during a short exercise bout, then recovers. This time course connects energy demand, oxygen transport and cardiovascular regulation.

■ Build the model

- Cardiac output** is heart rate multiplied by **stroke volume**.
- Ventilation supports gas exchange, while blood transport delivers oxygen to working tissues.
- ATP demand changes as muscle activity changes.
- cardiac output: Blood volume pumped per minute.
- stroke volume: Blood volume pumped per beat.



$$\text{Cardiac output} = \text{heart rate} \times \text{stroke volume} = 120 \times 80 \text{ mL} = 9.6 \text{ L/min}$$

■ Choose evidence that can test it

- An acute response occurs during or soon after exercise.
- A training adaptation develops over repeated sessions.
- A lower post-exercise heart rate cannot alone establish greater fitness without comparable workload and participant conditions.

In the lab: Use voluntary informed participation, school supervision and an approved low-intensity protocol. Record baseline, a standardized workload and timed recovery measurements. Stop for discomfort and do not use maximal exertion or health diagnosis as a classroom task.

■ Work from known quantities

- Known: heart rate is 120 beats per minute and stroke volume 80 millilitres per beat.
- Cardiac output = heart rate $\times$ stroke volume = $120 \times 80 = 9,600$ millilitres per minute = 9.6 litres per minute.

Your turn: Heart rate is 100 beats/min and stroke volume is 70 mL/beat. Find cardiac output in L/min.

■ Check the conclusion and its limits

- A heart-rate monitor measures one response, not every dimension of performance.
- Hydration, stress, medication and recent activity can confound comparisons.

Not true: A single heart-rate reading proves a person fitness level. One heart-rate reading mixes fitness with hydration, stress, caffeine, posture and recent activity. Fitness judgements need repeated measurements under controlled conditions, and heart rate alone says nothing about strength or skill.

Key:

- Cardiac output is heart rate multiplied by stroke volume.
- An acute response occurs during or soon after exercise.
- Watch for: A heart-rate monitor measures one response, not every dimension of performance.

■ Write from a cardiac output of 5.4 litres per minute

- Heart rate is 90 beats per minute and stroke volume is 60 millilitres per beat.
- Find the cardiac output. One heart-rate reading does not prove fitness.