3.1 Acute responses, fatigue and recovery

Name: _____ Class: _____ Date: _____ **Total: 14 marks**

KEY WORDS anticipatory rise
- arteriovenous oxygen difference
- delayed-onset muscle soreness
- stroke volume
- peripheral fatigue
- vascular shunt

Objective

Build the skills to answer exam questions on the body's **acute responses** to exercise: heart rate, stroke volume, blood pressure, blood flow and oxygen extraction; HL adds **fatigue** and **recovery** .

You must be able to:

- describe and explain changes in heart rate, stroke volume, cardiac output and blood pressure during exercise
- explain the redistribution of blood flow and the rise in oxygen extraction

1 Key knowledge and worked examples

■ Acute responses to exercise

Heart rate (HR): an **anticipatory rise** before exercise (adrenaline, sympathetic system); a rapid rise at the start; then a **steady state** in submaximal exercise. After exercise it falls fast, then slowly.

Stroke volume (SV) rises with intensity and levels off at about 40–60% of maximum. **Cardiac output** $Q = \text{HR} \times \text{SV}$ rises from about 5 L min^{-1} at rest to 20–25 L min^{-1} in untrained people (more in trained athletes).

Blood pressure: in dynamic exercise (running, cycling) **systolic** pressure rises; **diastolic** pressure stays about the same. Heavy lifting raises both.

Redistribution of blood (vascular shunt): arterioles to working muscles **dilate**; arterioles to the gut and kidneys **constrict**. Muscles get about 15–20% of cardiac output at rest and up to about 80% in maximal exercise.

Oxygen extraction: the **arteriovenous oxygen difference** (a–$\bar{v}\text{O}_2$ diff) is the oxygen removed from the blood by the tissues. It rises in exercise: working muscle has a low oxygen level, higher temperature, more CO_2 and acid, so haemoglobin

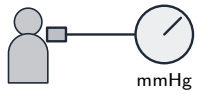
releases more oxygen (the **Bohr shift**), and more capillaries open.

Ventilation rises (deeper, then faster breaths); **body temperature** rises.

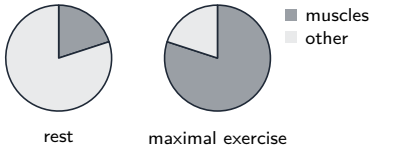
Answer shapes: describe the change with a direction and a size, then explain its cause.

2 Practice

2.1 State what happens to systolic and diastolic blood pressure during a steady run. [2]



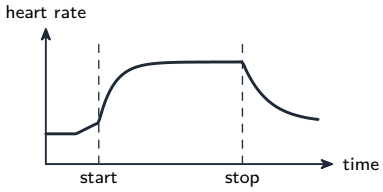
2.2 Explain how blood flow is redistributed during exercise. [3]



3 Exam-style questions

3.1 The graph shows a student's heart rate before, during and after a 10-minute run at a steady pace.

(a) Describe the changes in heart rate from before the run until the end of the run. [3]



(b) State what happens to heart rate when the run stops. [1]

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3.2 Arterial blood holds about 20 ml O_2 per 100 ml. Venous blood leaving a muscle holds 15 ml O_2 per 100 ml at rest and 5 ml O_2 per 100 ml in hard exercise.

(a) Calculate the arteriovenous oxygen difference at rest and in exercise. [2]



(b) Explain why the difference increases in exercise. [3]

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