EXAM QUESTIONS

1.Label the diagram of the different body types **(3 marks)**

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2. Explain what long term effects an endurance runner would experience as a result of their training. **(6 marks)**

3. Explain what long term effects a weight lifter would experience as a result of their training. **(4 marks)**

4. Explain why blood pressure reduces with long term exercise **(3 marks)**

5. Describe how body shape can be effected by exercise **(3 marks)**