



## Comments:

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|------------------|----------|
| Breathing Rate   | Sweating |
| Breathing Depth  | Fatigue  |
| Body Temperature | Other    |

## Discussion:

1 Describe your heart rate responses to the circuit session. Why did this happen ?

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2 Refer to your recorded heart rate responses at different times during the circuit training session. Did your body respond consistently ? Did your body respond differently according to the different exercises ? Discuss.

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3 What happens to the breathing rates and depths during the circuit and why ?

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4 What happened to your body temperature ? Did you sweat ? Why might these changes have occurred ?

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5 Refer to your comments on fatigue. Did you tire during the second circuit ? Why or why not ?

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## Conclusion:

1 How important is the role of the cardio-respiratory system in exercise ? Discuss.

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2 In terms of the acute responses to exercise you recorded and observed, what are the advantages of circuit training?

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3 What would the long term ( or chronic ) responses to regular participation in a circuit like this be ?

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