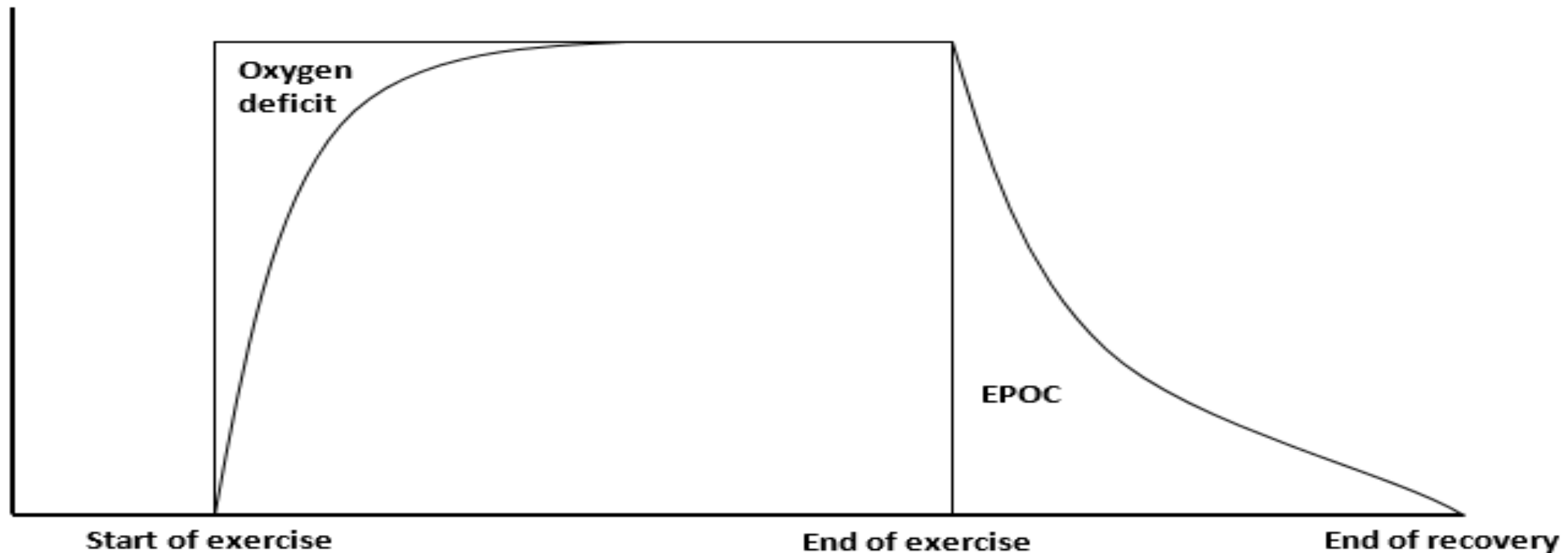


Paper 1: Aerobic & anaerobic exercise

EPOC

- ✪ Excessive **post-exercise oxygen consumption (EPOC)** is the process which ensures that lactic acid is removed from the body by keeping an elevated breathing rate after exercise has stopped.
- ✪ **EPOC** occurs following **anaerobic exercise**, such as performing a 100 m sprint.
- ✪ The graph below outlines the breathing rate of an athlete during and after **anaerobic exercise**:



Paper 1: Short & long term effects of exercise

Exercise leads to a number of changes to the body. Some of these effects take place during and some take place following exercise. The effects of exercise and the point at which they occur are outlined on the timeline below:

