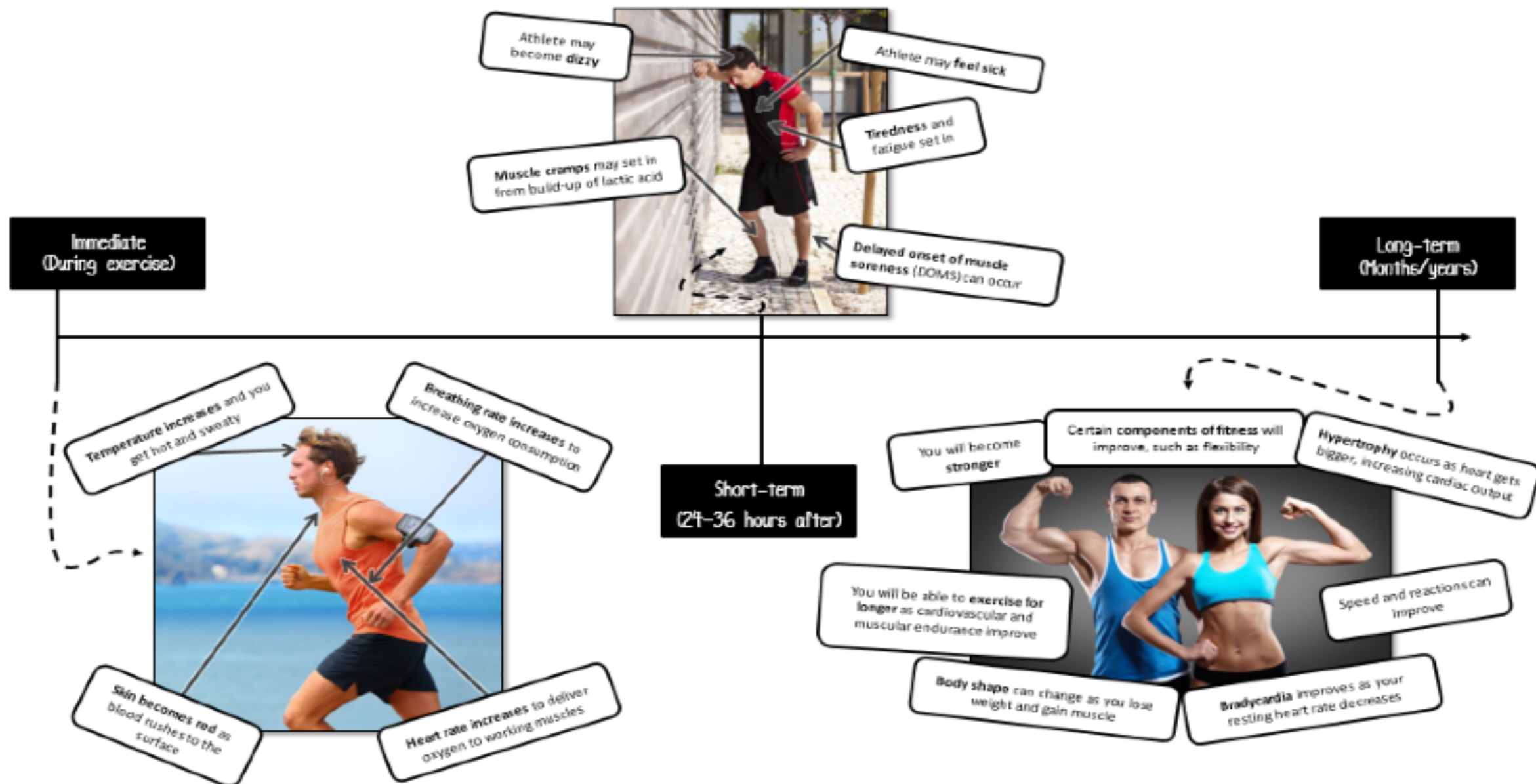


Paper 1: Short & long term effects of exercise

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:



Paper 1: Movement analysis - levers

Lever Systems

1st Class Lever

- ✳ Movement at the joints occurs by one of the three classes of levers.
- ✳ Depending on the lever system, the movement is either at a mechanical advantage or disadvantage.
- ✳ A mechanical advantage allows heavy loads to be moved with minimal effort, whereas a mechanical disadvantage allows loads to be moved quickly.
- ✳ Mechanical advantage = $\text{Effort arm} \div \text{Load arm}$

