

Paper 1: Aerobic & anaerobic exercise

Aerobic Exercise

Aerobic exercise is any form of exercise which is completed at an intensity that allows a plentiful supply of oxygen to be taken in by the lungs and used by the body.

Below is a summary equation and sporting examples of **aerobic** exercise:



Marathon Running



Long-distance Cycling

Open-water Swimming



These sports are all performed at a relatively low intensity and for a prolonged period of time.

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Anaerobic Exercise

Anaerobic exercise is any form of exercise which involves short periods of high-intensity work which prevents the athlete from taking in enough oxygen to meet the energy demands of the exercise.

Below is a summary equation and sporting examples of **anaerobic** exercise:



Weight Lifting



100 m Sprint

Triple Jump



These sports are all performed at a relatively high intensity for only a short period of time.