

## IMMEDIATE EFFECTS OF EXERCISE

### Performance Standard 20B.A

Describe the immediate effects of exercise accordingly:

- *Knowledge:* Know the physical effects of exercise and other physical activity on the body (e.g., heart rate).
- *Performance:* Participate in a sustained aerobic activity.
- *Explanation:* Indicate if the aerobic activity affected your perspiration, heart beat, thirst, breathing, and body temperature.

### Procedures

1. *In order to assess individual fitness levels (20B)*, students should experience sufficient learning opportunities to develop the following:
  - Recognize that physical activity will increase heart rate.
  - Describe what happens to the body when one exercises.
  - Recognize changes that take place in the body during physical activity.

Note: Explain and discuss the immediate effects of exercise. Provide sufficient opportunities for students to participate in fitness-related physical activities.

2. Provide each student with a copy of the “Immediate Effects of Exercise” task sheet. Read the task sheet to the students if necessary. Have students review and discuss the assessment task and how the rubric will be used to evaluate their performance.
3. Have students participate in a sustained aerobic activity.
4. Immediately following the activity, ask each student to complete the “Immediate Effects of Exercise” task sheet.
5. Evaluate each student’s performance using the Immediate Effects of Exercise Rubric as follows:
  - *Knowledge:* The knowledge dimension of the rubric was demonstrated in the “explanation” dimension of the rubric.
  - *Performance:* Participated in a sustained aerobic activity.
  - *Explanation:* Correctly indicated that the aerobic activity affected perspiration, heart beat, thirst, breathing, and body temperature.

### Examples of Student Work

- [Meets](#)
- [Exceeds](#)

### Time Requirements

- One class period

### Resources

- Gymnasium or open space in which to participate in fitness related physical activities
- Copies of “Immediate Effects of Exercise” task sheet
- Immediate Effects of Exercise Checklist

## IMMEDIATE EFFECTS OF EXERCISE

- Exceeds = 5 correct
- Meets = 4 correct
- Approaches = 3 correct
- Begins = 1 – 2 correct

Names	KNOWLEDGE/EXPLANATION					SCORE
	Sweat	Heart Beat	Thirst	Breath	Body Temp	
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						
16.						
17.						
18.						
19.						
20.						
21.						
22.						
23.						
24.						
25.						

NAME \_\_\_\_\_ DATE \_\_\_\_\_

## IMMEDIATE EFFECTS OF EXERCISE

### Student Task Sheet

1. Did you get sweaty after you exercise? Circle the correct answer.

YES

NO

2. Did your heart beat slower when you exercise? Circle the correct answer.

YES

NO

3. Did you get thirsty after you exercise? Circle the correct answer.

YES

NO

4. Did you breathe harder when you exercise? Circle the correct answer.

YES

NO

5. Did your body get cooler when you exercise? Circle the correct answer.

YES

NO

# IMMEDIATE EFFECTS OF EXERCISE CHECKLIST

## PHYSICAL EDUCATION PERFORMANCE STANDARD 20B - A

NAME \_\_\_\_\_

DATE 4-26-01

- Exceeds standard (5 correct responses)
- Meets standard (4 correct responses)
- Approaches standard (3 correct responses)
- Begins standard or absent (0-2 correct responses )

1. Do you get sweaty after you exercise? Circle the correct answer.

~~YES~~

NO

2. Does your heart beat slower when you exercise? Circle the correct answer.

YES

NO

3. Do you get thirsty after you exercise? Circle the correct answer.

YES

NO

4. Do you breathe harder when you exercise? Circle the correct answer.

YES

NO

5. Does your body get cooler when you exercise? Circle the correct answer.

YES

NO

"Exceeds"

## IMMEDIATE EFFECTS OF EXERCISE CHECKLIST

### PHYSICAL EDUCATION PERFORMANCE STANDARD 20B – A

NAME \_\_\_\_\_

DATE 4-26-01

- Exceeds standard (5 correct responses)
- Meets standard (4 correct responses)
- Approaches standard (3 correct responses)
- Begins standard or absent (0-2 correct responses)

1. Do you get sweaty after you exercise? Circle the correct answer.

YES

NO

2. Does your heart beat slower when you exercise? Circle the correct answer.

YES

NO

3. Do you get thirsty after you exercise? Circle the correct answer.

YES

NO

4. Do you breathe harder when you exercise? Circle the correct answer.

YES

NO

5. Does your body get cooler when you exercise? Circle the correct answer.

YES

NO