Short term effect

Heart rate

At rest, our heart beats between 60 and 80 times per minute on average however it can vary depending on what situation you are in. Before the body starts to exercise, the heart rate increases due to the pressure and anticipation. This is known as the anticipatory response. The process of this is through the release of neurotransmitters called epinephrine also known as adrenaline. On the onset of exercise, our heart rate increases depending on how intensive the exercise is. The more intense the exercise is, the higher the heart rate. For example as a 100 meter sprinter is in their starting position, there is an anticipatory response as the heart rate starts to increase due to the pressure.

Blood pressure

Blood pressure is the pressure of the blood in the heart and arteries. This normally links to the arteries walls as it is forced to widen due to the exerted circulating blood. This is responsible for transporting oxygenated blood around the body to all the organs. During exercise, blood pressure increases due to extra requirements of the muscles and organs for oxygenated blood. bA basketball player blood pressure during a match is tend to be high due to the fact they have to do a let of running around hence requiring a lot of oxygenated blood to the working muscles and organs which will enable the basketball player carry on playing without getting tired.

Vasodilatation and vasoconstriction

Vasoconstriction is when the bloor vestes harrow down as a result of contraction of the muscular walls. This decreases the volume of blood to flow to tissues. **vasodilation** is when the blood vessels widen do to exactly of smooth and cell when allows more blood to flow through. As we exercise the blood vessels in our body widen which increases the blood flow in our body which is transported to different parts of the body and to the working muscles to keep the body going. For example vasodilatation occurs on a football player as soon as the player starts running due to the working muscles needing more blood for the body to regulate properly.

