Please write your NAME and your MEG grade below.

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| **Name :** | **MEG :** |
| **Total** |  **/**  | **%** |  | **Grade**  |  |
| **Staff Comments :** **+****-** |
| **Student Comments :**  |

**Please make sure that you :**

* Read the question repeatedly & INTERPRET IT correctly (verb (s) to tell you HOW to write; general topic are, the specific things within that area to be included); how many parts of the question are there; how many marks are available.
* Write clearly so work can be read! Write within the boxes (the summer papers are marked online and content outside boxes cannot be read!).
* IF you have time to, read through your work to check for content and quality.
1. **The volume of blood pumped around the body by the heart varies according to the intensity of exercise performed. Define stroke volume and give a resting value for the average adult. (2 marks)**

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1. **Cardiac output increases during physical exercise. Explain how intrinsic control mechanisms cause cardiac output to increase during exercise. (5 marks)**

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1. **Draw a graph to show how the cyclist’s cardiac output changes in the following phases of the aerobic training session.
Prior to exercise Exercise Session Recovery period (5 marks)**

**4.Whilst exercising a greater volume of blood is ejected during ventricular systole. Why is this beneficial to performance? [I mark]**

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1. **Explain how the body controls the increased distribution of blood to the working muscles during exercise (6 marks)**

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1. **How do neural factors regulate heart rate during physical activity and during a period of gradual recovery. (5 marks)**

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