**Session activity**

You are a sports scientist and a client has asked you for some support.

The client has asked for some flexibility training.

* Complete two types of stretches and explain the advantages.

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They want to lose weight and want to perform aerobic training.

State four factors that affect VO2

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Before you start the client’s session you need to carry out some tests of aerobic endurance.

Describe 3 tests and describe the advantages and disadvantages of the tests.

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Your client wants to perform aerobic activity, describe Karvonen’s principle and establish the correct training zone for you client to lose weight.

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Describe the types of training your client could complete and describe:

 two respiratory adaptations.

Two cardiovascular adaptations.

Two muscular adaptations.

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Describe the risks of not taking your clients advice, linked to heart disease and respiratory illnesses.

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