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| --- | --- | --- | --- |
| **Learning outcome** | **I understand this** | **I can recall this** | **I need to revisit this** |
| I know what EPOC stands for and I can explain the two different sections. |  |  |  |
| I know in detail how the alactic and lactic acid post exercise processes work to aid recovery. |  |  |  |
| I know how each system use energy during recovery, including respiration and temperature regulation. |  |  |  |
| I know how altitude will impact on a performer.  |  |  |  |
| I can complete an 8-stage flow chart of the process of the acute effects of altitude on the CV and respiratory system. |  |  |  |
| I know the effect of altitude on the anaerobic system. |  |  |  |
| I know the durations of acclimatisation and what acclimatisation means. |  |  |  |
| I know how temperature can impact on the bodies systems |  |  |  |
| I know how temperature can impact on performance. |  |  |  |
| I know the time frames linked to acclimatisation to high temperatures |  |  |  |
| I know the difference between hyperthermia and hypothermia, |  |  |  |

**Task sheet 25 EPOC Altitude and Thermoregulation**

1. Complete exam questions on EPOC. (Thur- Fri)
2. Complete notes on altitude (Tue – Wed)
3. What is, and what can cause cardiovascular drift? (Thur-Fri)
4. What is the effect of CV drift on the bodies system? (Thur Fri)
5. How can you acclimatise to increased temperature? (Thur Fri)