

National Institute of Open Schooling

Senior Secondary Course

Lesson 5: Physical and Physiological Aspects of Physical Education

Worksheet-5

Q.1-Mention the effects of exercise on the respiratory system.

Q.2-Differentiate between Aerobic Activities and Anaerobic Activities.

Q.3- Explain the effects of exercises on Muscular System.

Q.4-Differentiate between Isometric contraction and Isotonic contraction.

Q.5- List the effects of exercise on Circulatory System.