

Cardio-Respiratory System

VO2 MAX

RESPIRATION

- Process of breathing
- Supplies O₂ to enable energy to be released
- Removes CO from the body



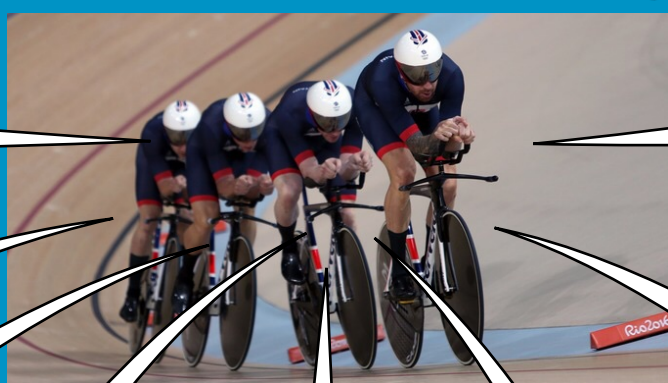
Maximum amount of oxygen taken in, transported and used in one minute

Used as a predictor of aerobic fitness

Can use Multi stage Fitness test to calculate

Fitter athlete able to make greater use of O₂ inhaled

EFFECTS OF TRAINING ON CR SYSTEM



My chest size can increase

My tidal volume can increase

My chest can expand further

My breathing rate at rest gets slower

The capillaries around the alveoli can increase

More alveoli are ready to pass gases to and from my blood

Inspiratory and expiratory reserve volumes increase

Exchange of gas is Improved