Q1

The graph in Figure 4 shows suggested target heart rate zones depending on age.

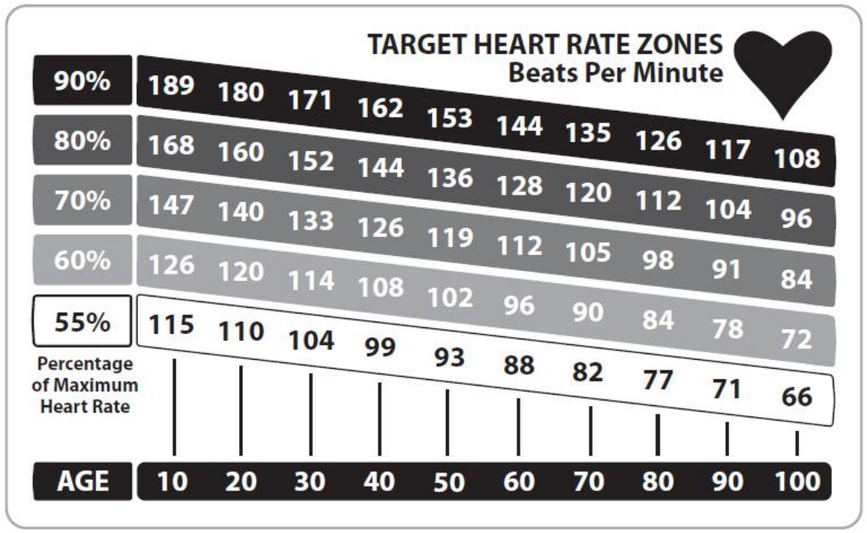

Figure 4

A) Using Figure 4, state the suggested heart rate values that a 40-year-old should work between to ensure they are in the correct target zone to improve their cardiovascular fitness. (1 mark)

B) Explain why the suggested target zone for a 20-year-old is different to that suggested for a 40-year-old. (3 marks)

Q2

A healthy, active lifestyle will have an impact on the body systems. Describe some of the effects of participation on the body's cardiovascular and muscular systems.

In your answer you may consider:

- the immediate and short-term effects of participation on each system
- the effects of regular participation and long-term effects on each system. (6 marks)