**Acute Responses to Exercise**

Study the graph below which shows oxygen uptake (VO2) before, during and after exercise



1. Define the following:
	1. VO2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. Oxygen deficit

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* 1. VO2max

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* 1. Steady State

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* 1. Excess post oxygen consumption (also called oxygen debt)

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1. Describe the relationship between oxygen uptake at rest, during exercise and recovery

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1. Explain why oxygen supply does not meet oxygen demand at the onset of exercise, resulting in an oxygen deficit

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1. What is the relationship between oxygen demand and oxygen supply during ‘steady state’

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1. Discuss some acute responses that enable steady state to be achieved

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1. After exercise has ceased, why does oxygen uptake not immediately return to resting levels?

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1. What are the two terms that are used to describe the extra amount of oxygen that is consumed after exercises finishes?

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