

Body System and Response

In this activity, you will match the correct “Body’s Response to Exercise” to the “Body System.”

To do that, write A, B, C, or D next to the correct sentence under “Body’s Responses to Exercise.”

Body System

- A. Nervous system
- B. Endocrine system
- C. Circulatory system (includes cardiovascular)
- D. Respiratory system

Body’s Response to Exercise

1. Increased rate of breathing in order to increase amount of oxygen coming into the body.

2. Controls heart rate so that it increase during exercise and decreases at rest. _____

3. Increases secretion of hormones such as insulin and glucagons, thereby adapting to the need for extra fuel during exercise. _____

4. Increase volume of blood pumped, thereby supply and increased amount of oxygen.
