

Course Name : Bachelor of Physical Education

Year : IIInd

Paper Name : Kinesiology and Physiology of Exercise

Paper No. Ist

Lecture No. 10

Topic no. : Sec - D(1)

Lecture Title : Cardio – Respiratory System and Exercise Part - I

Summary

With an increase amount of oxygen and carbon dioxide transport, your respiratory rate – rate of breathing also increases. This increase is also influenced by the sympathetic nerves stimulating the respiratory muscles to increase the rate of breathing.