

**Course Name : Bachelor of Physical Education**

**Year : IInd**

**Paper Name : Kinesiology and Physiology of Exercise**

**Paper No. Ist**

**Lecture No. 11**

**Topic no. : Sec - D(1)**

**Lecture Title : The Cardio – Respiratory System and Exercise - II**

### **Summary**

Much of the improvement in pulmonary function in response to aerobic training is attributable to strengthened respiratory musculature. The respiratory musculature become more efficient reducing the oxygen costs attributable to breathing. Strengthened respiratory muscles improve respiratory efficiency and minimizes respiratory work at a given exercise intensity, trained athletes can maintain alveolar ventilation by increase tidal volume with only a small increase in breathing rate.