

**Course Name : Bachelor of Physical Education**

**Year : IInd**

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

**Paper No. I**

**Lecture No. 1**

**Lecture Title: General Effects of Systematic Exercise on Respiratory System and Cardiovascular System**

### **Summary**

The effects of exercise on the respiratory system and body-oxygen content in the sick are generally negative due to mouth breathing. There are, however, some positive effects of exercise due to perspiration, shaking of the body, stimulation of the respiratory muscles and lungs, production of endorphins, and others.