

## 2. Effects of Physical Activities on Human Body

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**Q1) Answer the following questions :-**

**1) Give one example to show that organ systems work in unison. You may mention two or more organ systems to support your point.**

**Ans :-** Do it yourself

**2) Ravi is a good athlete. Give one permanent effect of being an athlete on of systems his muscular system, and respiratory system.**

**Ans :-** If Ravi is a good athlete then he may have effects of being an athlete on his muscular systems as they will grow. The blood circulation will be good. He will be active and body parts to working actively. Whereas it will affect on respiratory system as In the respiratory system, for doing regular exercise lots of oxygen is needed and hence it can be inhaled more oxygen. As the result more exercise is been provided to the chest and lungs by which their size.

**3) "Physical activities are necessary for developing a healthy body and healthy mind." Give two examples in support of this statement.**

**Ans :-** a) Physical activities or yoga activities which are performed as daily routine like different types of asanas etc can give the proper shape/posture to the body.

b) By carrying out daily Yoga activities (meditation) gives relaxation to mind and body and easily releases out the stress and tension from the mind and body. And hence helps in developing a good healthy body and mind.

**4) Complete the sentence :-**

**The respiratory system gets positively affected by undertaking yoga exercises regularly because**

**Ans :-** In Yoga, different types of asanas and pranayama like anulom vilom can be done where there is need of inhaling and exhaling oxygen. The exhaling and inhaling of oxygen gives lots exercise to the respiratory systems and hence its gets positive effect by improving the lung power.

**5) Mention two changes that takes place in each of the circulatory and respiratory systems due to regular physical activities.**

**Ans :-** The two changes that takes place in each of the circulatory and respiratory system due to regular physical exercises are :-

a) In the respiratory system, for doing regular exercise lots of oxygen is needed and hence it can be inhaled more oxygen. As the result more exercise is been provided to the chest and lungs by which their size

b) The respiratory exercises like Anulom-vilom and different types of Pranayams provides improvements in the lung

c) Due to regular physical activities in circulatory system, the thickness and capacity of the wall of the heart.

d) In circulatory system, due to physical activities carried out daily capillaries become active and makes circulation more efficiently. There is rise in hemoglobin if the blood cells increases.

**6) Some of your friends avoid physical activity. Other friends are always eager to participate in physical activities. Prepare a health profile of your friends who indulge in games and yoga regularly. Indicate what physical activities they undertake regularly. What is the time duration? How do those who are physically active get motivation to play some games or exercise regularly? Present your findings in class and allow your peers in the classroom to add to the profiles you prepared.**

**Ans :-** Do it yourself.