Teacher Answer Key

Case Study

1. Higher resting heart rate and heavier breathing show the body increasing circulation/ventilation to stabilize oxygen delivery.

2. Early intensity reduction allowed adaptation and recovery, preventing burnout and preserving training quality for later sessions.

Multiple Choice

1. C

2. D

3. A

Matching

1-B, 2-A, 3-D, 4-E, 5-C

Fill-in-the-Blank

1) homeostasis, 2) red blood cells, 3) vasoconstriction

Short Answer (Sample Responses)

Q1: Cold reduces sensation and dexterity and can stiffen muscles; fatigue and numbness increase mistakes and slow reaction time.

Q2: Layering with moisture-wicking base layers, longer warm-ups, protecting hands/face, and planned fueling/hydration.

Q3: It supports altitude adaptation while allowing high-quality intense workouts at lower elevation where oxygen is less limiting.