

Benefits of Exercising: Research Paper

In a detailed 2-3-page paper, please define Aerobic vs. Anaerobic, when pertaining to exercise. Then provide also what are some effect of Aerobic and Anaerobic Exercise on the Cardiorespiratory System. Finally conclude with you describing at least one asset and hindrance that it may pose on the cardiorespiratory system.

This assignment will have to be either in MLA or APA format, which ever one you are most comfortable with. Only Scholar Articles will be accepted, I cannot stress the importance of this.

You are NOT allowed to use WIKIPEDIA, YAHOO, BING, etc. Students who are found to have used sites such as, will receive an automatic 0.

As stated above, the sources cited should come from Journal Scholar Articles, ie. Google scholar, ACSM Journals, Oxford Journals.

Please do not procrastinate with this assignment!