Increased ratings of perceived exertion overall feeling unwell fatigue performance impairment.

Blood pressure decreases because there is decreased cardiac output. Heart pumps faster to compensate for the decrease in blood circulation. Breathing increases in attempt to maintain oxygen circulation to body. Increased temperature due to decreased ability to thermoregulate.

Slight decrease in blood flow to vital organs. Significant decrease in blood flow to your skin. GI tract kidney muscles. Slight decrease in blood flow to your brain lungs heart.

Core body temp. Increased temperature due to decreased ability to thermoregulate.

Heart rate. Heart pumps faster to compensate for the decrease in blood circulation.

Blood pressure decreases because there is decreased cardiac output.

Dehydration occurs if lost fluid is not replaced.

Directly resulting in:

Impairments:


References:


K Riebl, and Brenda M. Davy; ACSMs Health Fit J. 2013 November/December; 17(6): 21–28. (Also referenced under decreased BP).


ACSMs Health Fit J. 2013 November/December; 17(6): 21–28. (Also referenced under decreased BP).