

Park Centre/CYO Exercise and Fitness Knowledge

Energy Systems

Fill in the gaps.

The Pulmonary Vein carries oxygenated blood from the _____ to the left _____ of the heart.

Oxygenated blood leaves the heart via the _____. It is carried to working organs/muscles via the _____.

Oxygen is dropped off into the muscles via the _____, this is known as diffusion.

De-oxygenated blood is pumped out from the _____ (heart chamber), to the lungs via the _____. The _____ in the lungs collect carbon dioxide to be exhaled.

Blood pressure is higher in the _____ phase of because it has to go all the way around the body. A blood pressure reading below _____/_____ is considered normal.

The high energy compound stored in muscle, needed to produce energy is _____.

When energy is produced one _____ bond breaks away leaving _____.

During Phospho-Creatine energy production, _____ is used to resynthesise ATP.

During Anaerobic Glycolosis _____ is used to resynthesise ATP.

During Aerobic energy production we need a constant supply of _____. The two main fuels used in Aerobic energy production are _____ and _____.

The bi products of Aerobic energy production are:

- 1.
- 2.
- 3.

_____ is used for growth and repair of tissues of the body.
The body breaks this down into _____ before it can be used.

The energy system that I am working in will depend on two things; what are they?

- 1.
- 2.

The Phospho Creatine system can last for about _____ seconds of maximum intensity activity.

Energy production takes place in the _____ within the muscles.