**Anaerobic Energy Systems Revision**

1. **What does the term anaerobic mean?**

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1. **Name the first energy system and the fuel it uses**

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1. **Explain how ATP releases energy.**

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1. **What is ADP?**

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1. **Where is creatine phosphate found?**

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1. **Explain how CP assists to resynthesis ATP**

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1. **What type of intensity and duration of activity would predominantly use the ATP/PC system?**

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1. **Provide (3) examples of activities /sports that are use the ATP/PC system**

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1. **Approximately how long does the CP stores last in the body?**

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1. **How long does it take to recover the used CP stores?**

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1. **Name the second anaerobic energy system**

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1. **What fuel does the lactate system use to make ATP?**

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1. **Explain the what the term ‘anaerobic glycolysis’**

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1. **What is the by-product of glycogen breakdown to ATP in this system?**

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1. **How does the lactic acid impact on the body?**

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1. **What is the approximate duration for this energy system?**

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