

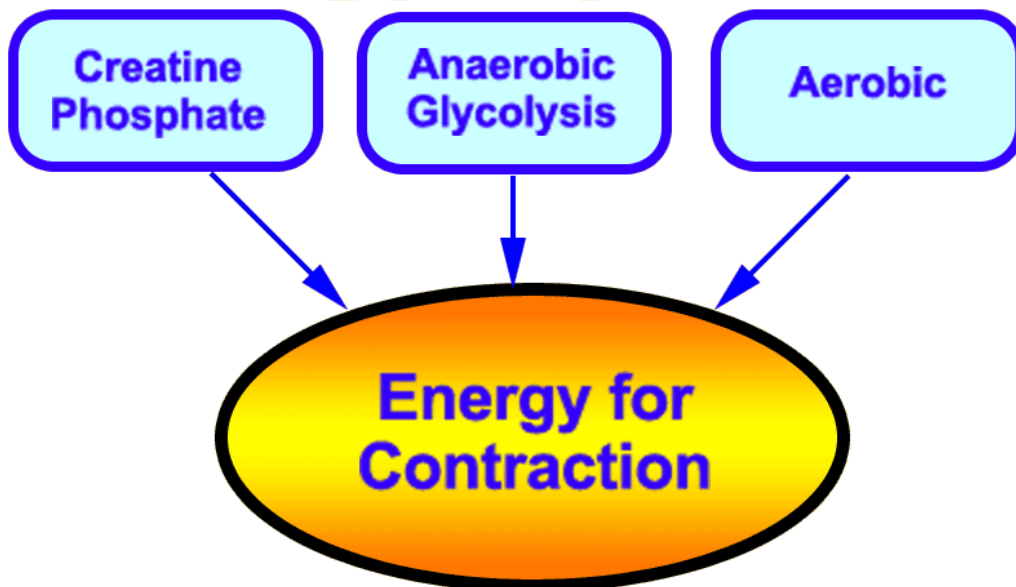
***Unit 1: Principles of Anatomy & Physiology
in Sport***

and

Unit 2: The Physiology of fitness

(P7, M4) and (P1, P3, M1, M2)

Energy Systems



Student name:

Tutor name:

Student Instructions

- This workbook incorporates elements of both Unit 1: Principles of Anatomy & Physiology in Sport and **Unit 2: The Physiology of Fitness**.
- *Anything that refers to Unit 2 is written in italics.*
- Complete all of the tasks outlined in the following pages.
- You need to use diagrams where appropriate (for example when describing the different blood vessels).
- If you do not have enough room in the workbook, you can add additional sheets as necessary and slot them in or use the notes pages at the end of the workbook.
- If you make a large mistake or numerous small ones, you can print off the relevant page (workbook available on RM Shared Doc's) and stick it over the page containing the errors.
- If you have any queries regarding the completion of this workbook you must see your tutor(s).

TASK 1 (Unit 1 – P7)

Describe the three energy systems and their use in sport and exercise.

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Energy – ATP

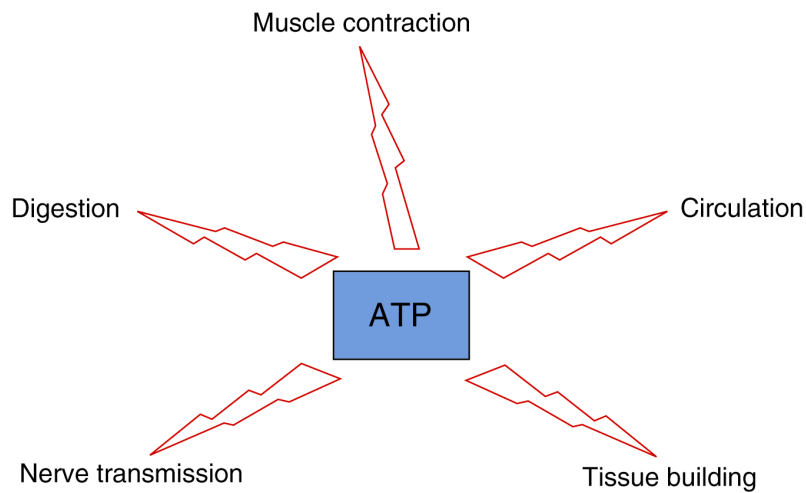
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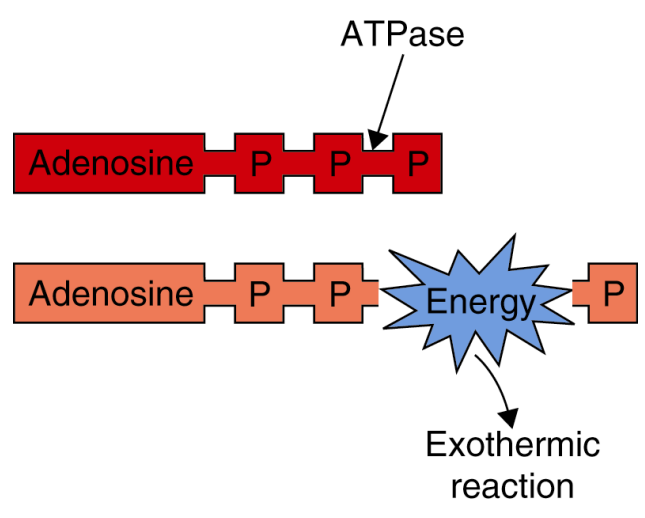
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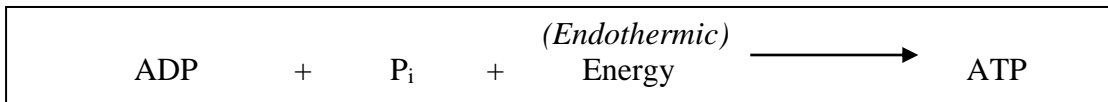
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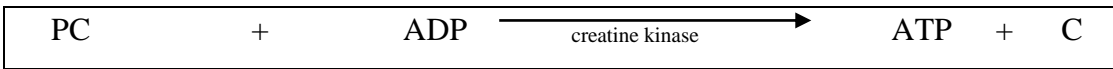


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The energy required for this resynthesis comes from three energy systems...

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TASK 2 (Unit 1 – M4)

Explain the three different energy systems and their use in sport and exercise.

Energy Continuum

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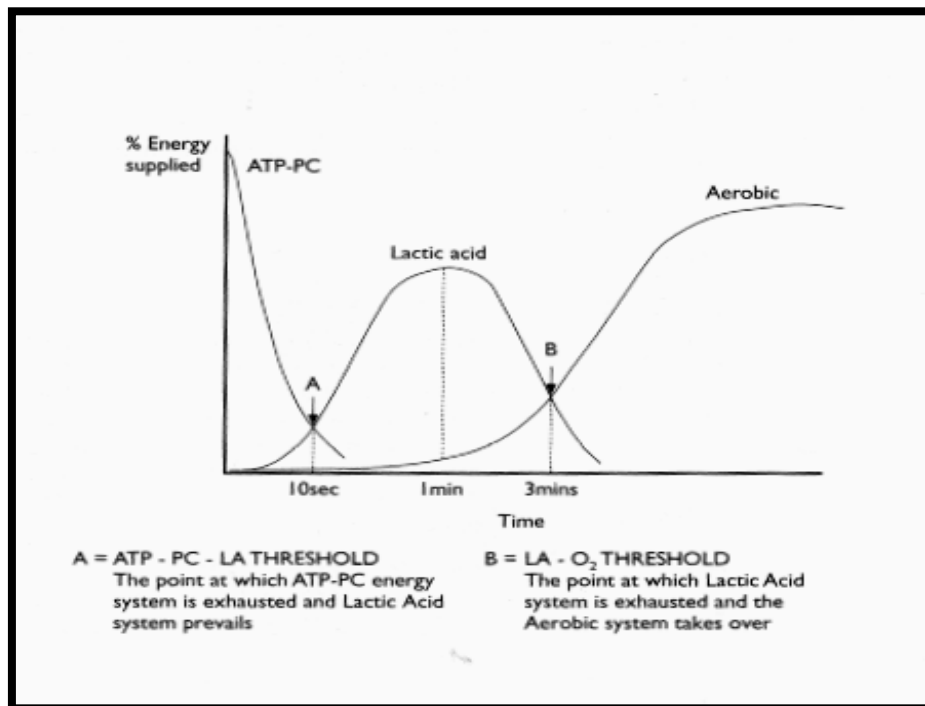
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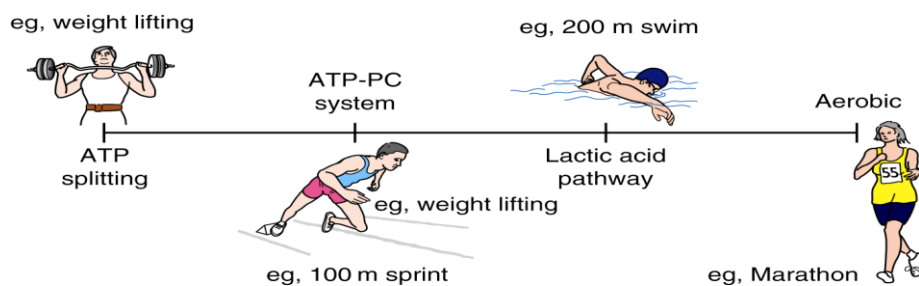


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TASK 3 (Unit 2 – P1)

Describe the energy systems response to acute exercise.

TASK 4 (Unit 2 – M1)

Explain the energy systems response to acute exercise.

<u>Description</u>	<u>Explanation</u>

TASK 5 (Unit 2 – P3)

Describe the long-term effects of exercise on energy systems.

TASK 6 (Unit 2 – M2)

Explain the long-term effects of exercise on energy systems.

<u>Description</u>	<u>Explanation</u>