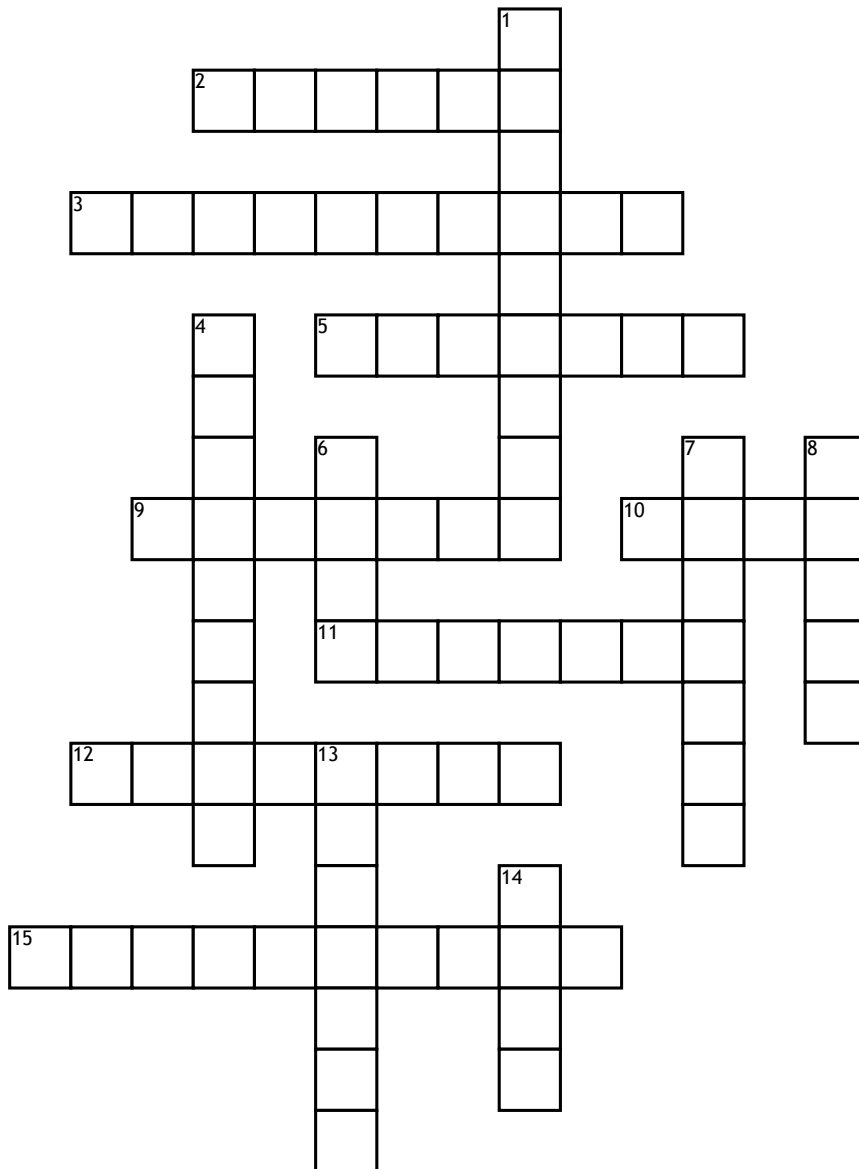


Aerobic and Anaerobic Respiratory



Across

2. During exercise, working muscles need more _____

3. EPOC is also known as _____

5. Rowing is a sporting example of which respiration?

9. The production of energy with oxygen

10. The amount of air we take in, is called our breathing...

11. Aerobic exercise requires oxygen and _____

12. A sporting example, starting with 's', for aerobic exercising

15. Anaerobic respiratory produces energy and _____

Down

1. EPOC is a result of what type of respiration?

4. The production of energy without oxygen

6. Aerobic exercise consists of exercising for _____ periods of time

7. An athletic event, starting with 'j', is a sporting example of anaerobic

8. What organ supplies oxygen to the working muscles during aerobic exercise?

13. Respiration is the release of energy from glucose in the _____

14. Anaerobic respiratory consists of what type of intensity?