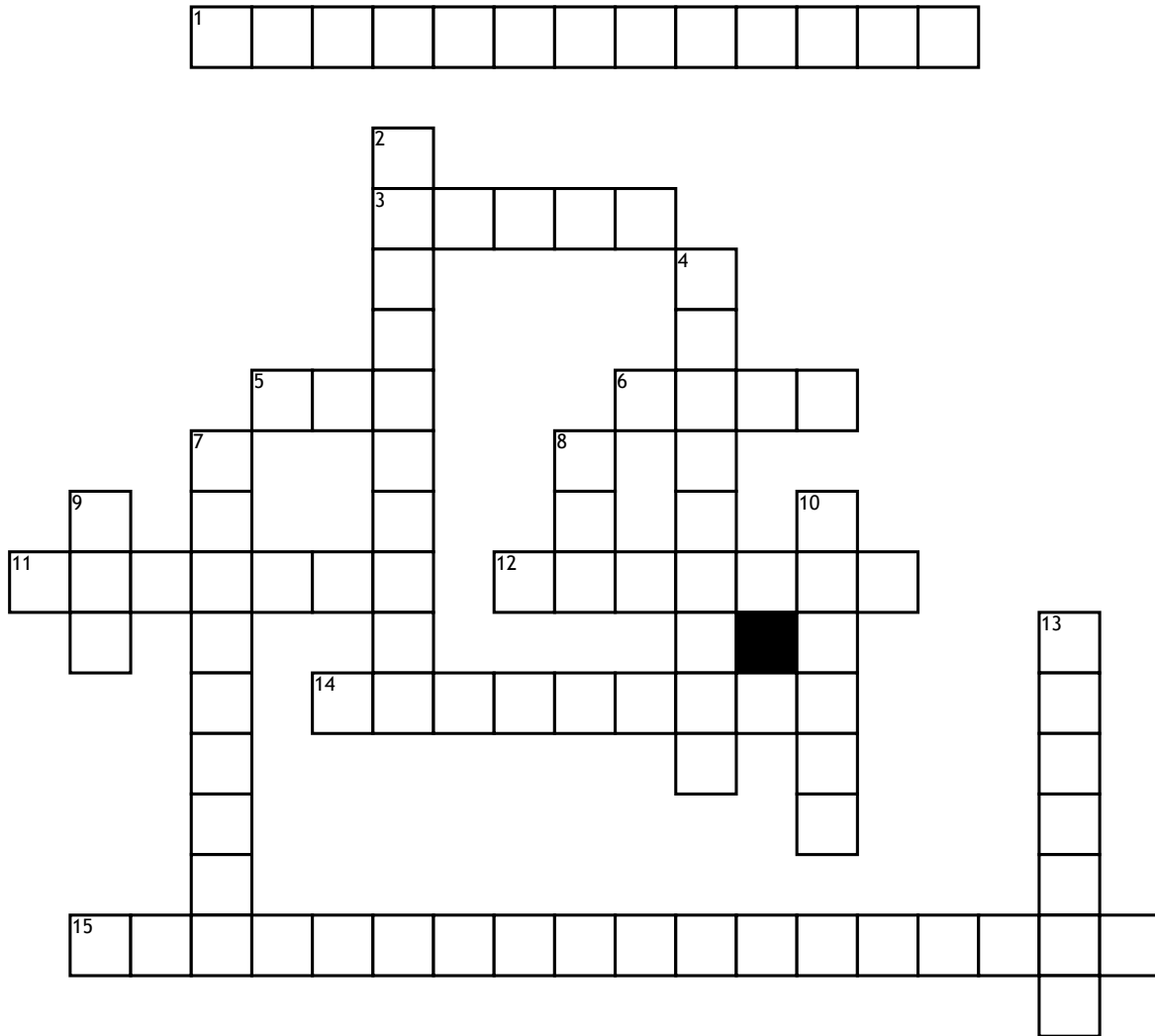


Name: _____

Date: _____

ENERGY SYSTEMS



Across

1. Which food source do we breakdown in the second energy system
3. Which energy system do we use first
5. The T in ATP stands for
6. Food source which gives us the most energy when oxidised
11. Making energy with Oxygen

12. Which energy system gives us the most ATP

14. The A in ATP stands for

15. What is the proper name for the Lactic Acid system

Down

2. What is the unwanted by-product of Anaerobic Glycolysis

4. Making energy without Oxygen

7. The P in ATP stands for

8. How many ATP do we get from the reaction in the ATP-PC system

9. How many seconds does the ATP-PC system last for (maximum)

10. How long (in minutes) can the aerobic system work for without supplementation?

13. Which major food source does not give us significant amounts of ATP