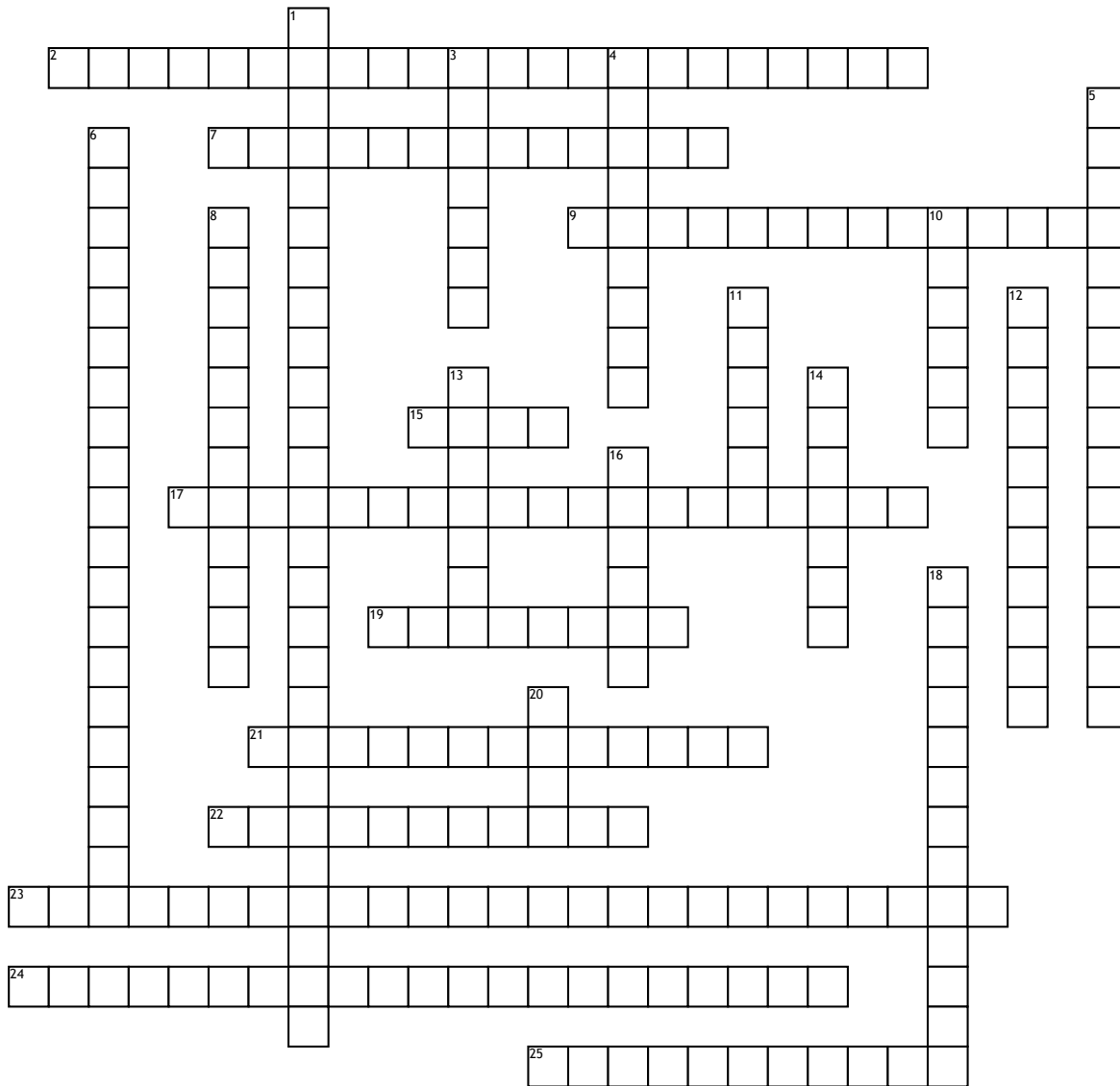


Name: _____

Date: _____

FUELS, RECOVERY AND FATIGUE



Across

2. The point where lactate production exceeds lactate removal

7. Has the highest yield but slowest rate

9. The type of fats that are broken down to be transported in the blood

15. How quickly ATP is resynthesised

17. The metabolic by-product that occurs as a result of the breaking of phosphate bonds

19. Food fuels break down into _____ fuels

21. Fats stored in adipose tissue and skeletal muscle

22. Fastest provider of energy without oxygen

23. Breaks down glycogen and produces metabolic by-products

24. The proper name for ATP

25. Where fluid loss exceeds fluid replenishment

Down

1. When the brain detects fatigue and sends weaker signals to the muscles this is called...

3. An increase in this means pH levels are dropping and indicate that the body is no longer working aerobically

4. The term for when the energy systems work together but at different rates

5. Name of the model that explains the balance of carbohydrates and fats during sustained exercise

6. When athletes consume high GI foods too close to the time of their event this may occur

8. These accumulate in the muscle during prolonged anaerobic exercise

10. The best type of recovery for the aerobic and anaerobic glycolysis systems

11. Protein is used mainly for _____ and repair

12. The name for where oxygen demand meets oxygen supply

13. Exercise-induced reduction in the power-generating capacity of a muscle and an inability to continue the activity

14. Fuel source when fats are depleted

16. Maximum amount of oxygen that can be taken up, transported and used by the body for energy production

18. The primary cause of fatigue for the ATP-PC system

20. Metabolic by-product of the aerobic system