

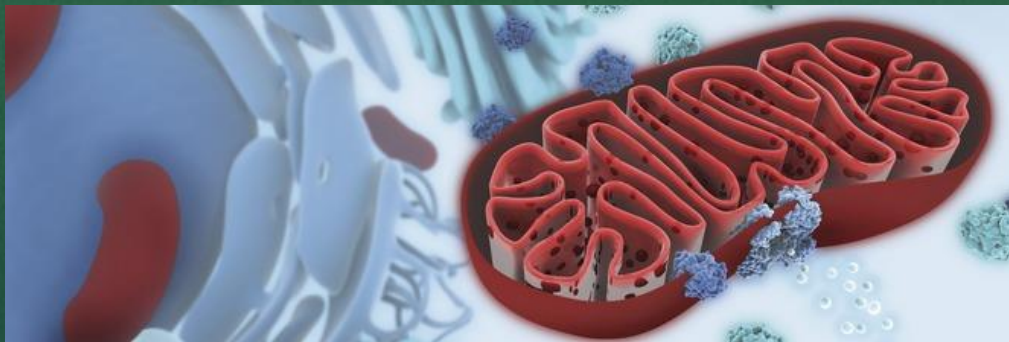


# Exciting Energy Sources Quiz!!

Write out the equations which summarises each of the three energy systems

\_\_\_\_\_ + \_\_\_\_\_  $\Rightarrow$  \_\_\_\_\_ + \_\_\_\_\_ ?!

Explain the specialist role of the mitochondria in the production of energy.



Draw a **diagram** representing each of the three energy systems



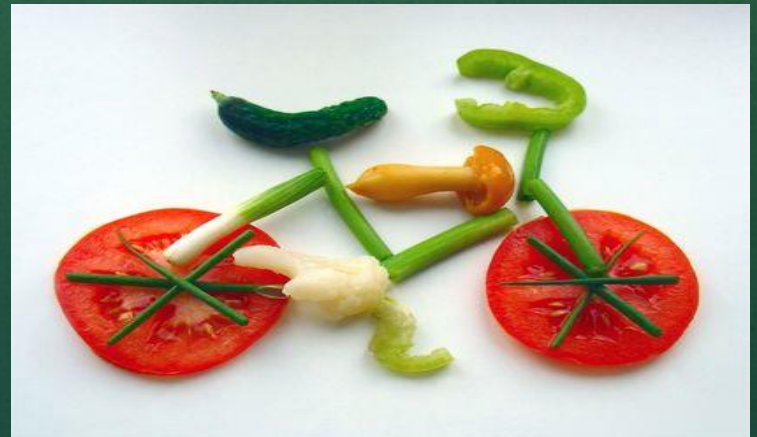
Compare the three energy pathways with regard to their relative efficiency.



Explain what happens when a marathon runner 'hits the wall'



What nutritional advice would you give to a marathon runner preparing for a major competition in the coming week?



Why might performers take creatine supplements? What type of performer is likely to benefit from creatine supplementation?





Give two methods of training you would use to develop and improve your ATP-PC system.

Please give an example of a training session for one of those methods.