

Anaerobic and aerobic exercise



UNTAMED
EDUCATION

1.1.3 Applied anatomy and physiology

Glucose

Oxygen

Aerobic Respiration

Anaerobic and Aerobic Exercise

Lactic Acid

Carbon-dioxide

Energy

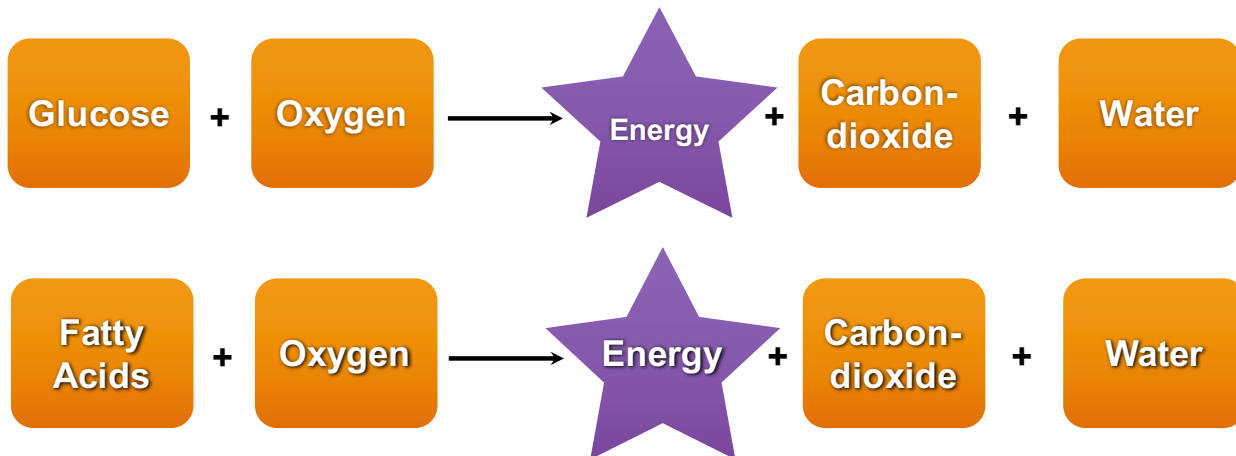
Anaerobic Respiration



Anaerobic and aerobic exercise

1. Aerobic respiration

- ▶ _____ **respiration** is when **we use** _____ to create energy.
- ▶ The two fuel sources most used are carbohydrates (glucose) and fats (fatty acids).



- ▶ **Aerobic respiration** is predominantly used for _____ to _____ **intensity** and **long duration**.
- ▶ **Few** harmful _____ **products** are produced during aerobic respiration.
- ▶ Sports that rely on the aerobic system are _____ **distance** cycling, running and swimming.

2. Anaerobic respiration

- ▶ _____ respiration is when we **do not take enough oxygen** in to **meet** _____ **energy demands**.
- ▶ This might be when we are **working at full** _____ i.e. **sprinting** or **throwing**.
- ▶ Glucose is **broken down** _____ **oxygen**.
- ▶ As a result a waste product called _____ **acid** is produced which reduces performance.

