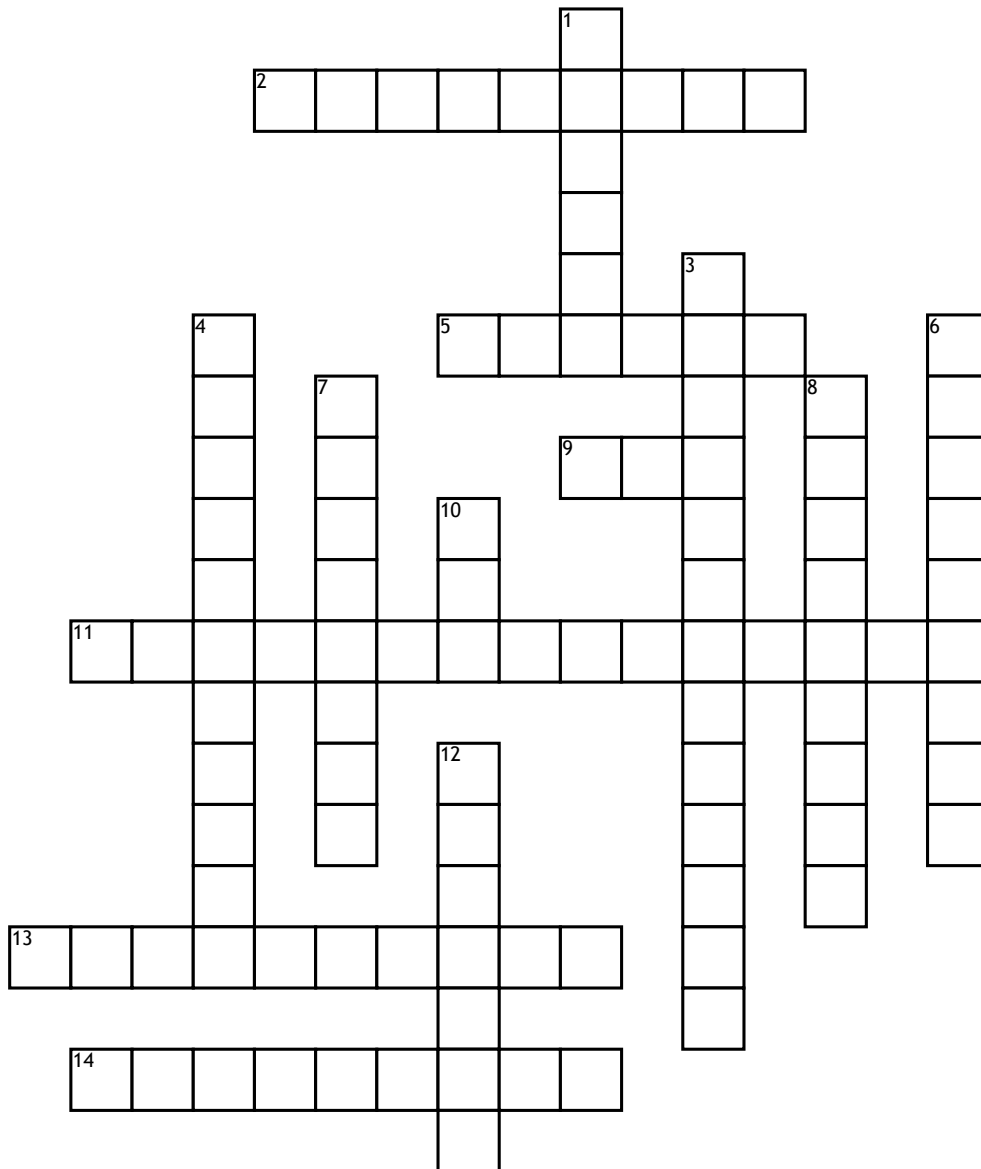


Name: _____

Energy Systems Revision



Across

2. Which term means 'to restore (a stock or supply) to a former level or condition'?
5. Anaerobic exercises do not require this.
9. The Anaerobic Glycolysis System usually lasts for how many minutes?
11. The Aerobic System has no _____ ?
13. What is the limiting factor of the Anaerobic Glycolysis system?

14. Which term describes each of the energy systems working together at the one time?

Down

1. What does the body need for eating, breathing, sleeping and moving?
3. Which energy systems role is to meet any energy demands?
4. Which term means 'present as the strongest or main element'?

6. The Anaerobic Glycolysis system helps contribute additional energy for a burst of higher _____ work.
7. Energy systems work in which way?
8. What does the A stand for in ATP?
10. The ATP-PC system lasts for up to _____ seconds.
12. The ATP-PC system helps to produce energy _____ ?