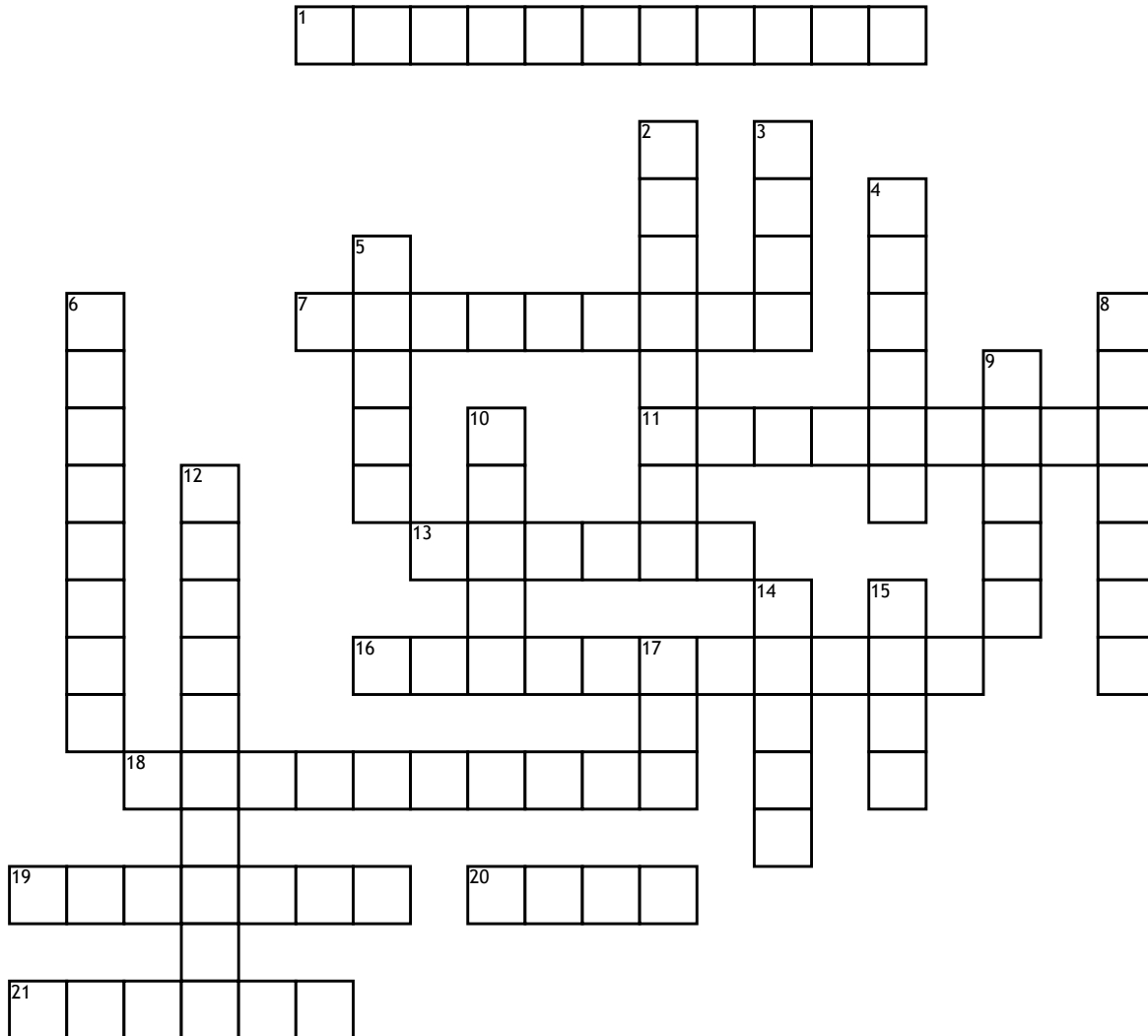


Name: _____

Date: _____

Physiology



Across

1. Muscle contractions result in an increase in body _____

7. _____ increases to supply more oxygen to the working muscles.

11. When you exercise your heartrate: increases or decreases

13. ATP- PC and Lactic Acid are types of _____ systems

16. Another word for breathing rate is _____

18. _____ is a waste product of the Anaerobic Lactic system

19. A build up of lactic acid leads to _____ in the muscles

20. When exercising blood goes to the surface of the body to help _____ down

21. _____ is the fuel of the aerobic energy system

Down

2. The body cools down by _____

3. When you train your blood is able to carry more or less oxygen.

4. When you train you can work anaerobically, or at a higher/lower intensity for longer.

5. Cardio means?

6. As your cardiovascular fitness increases your heart gets _____

8. Repiration increases to transport more oxygen to the _____

9. As you train your muscles ger better at _____ oxygen

10. Respiratory refers to the _____

12. Training results in your resting heartrate: decreasing or increasing?

14. For explosive bursts of activity the _____ energy sytem is used.

15. When you start to exercise you muscles begin to get _____

17. Increased body temperature means the skin goes _____