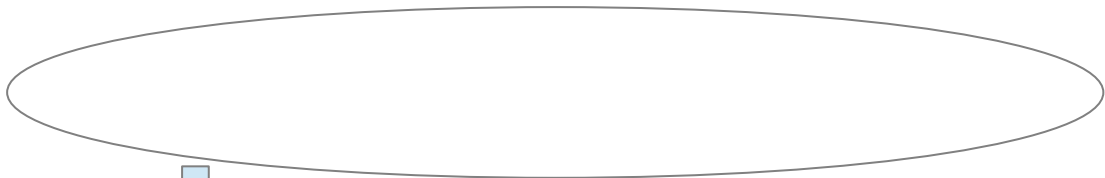




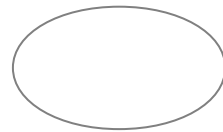
ENERGY SYSTEMS AND EXERCISE .

Our body needs ENERGY in order to perform any physical activity or EXERCISE..., do you agree?. Let's move on then:

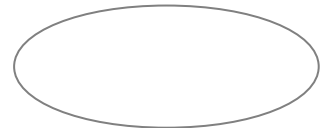
1.- Do you remember **where** does our body take the energy from:



2.- Can we use  directly to produce ENERGY:



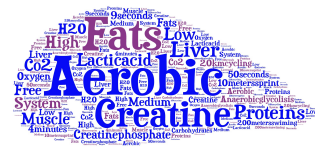
3.- Our body uses a very specific "Energy Currency" which is called:

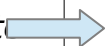


4.-  is the name

given to all the processes occurring in our body to transform _____ in the useful "Energy Currency".

TRY TO COMPLETE THE CHART USING THE WORDS IN THE WORD CLOUD AND FIND OUT THE DIFFERENT WAYS ENERGY SYSTEMS FOR OBTAINING USEFUL ENERGY.



Energy System	Fuel	Duration	Intensity	WITH O2 WITHOUT O2	Sporting Example
1.- Phosphat Creatine 	PC		High		
2.- Anaerobic Glycolisis		30- 90 SECONDS			50 seconds triatlon swiming
3.- Aerobic				O2	

(*) 2010. Adams, Mark. "Sport and Exercise Science". Ed. pearson Education.