

MENU

Entrée

Define the terms 'power' and 'capacity' and relate these to the exercise intensity and duration of sporting events.

Main Course

Provide a sporting example for each energy system (that is, predominant) and show differences in the rate and yield of ATP resynthesis on a graph.

Dessert

Discuss the concept of interplay between the energy systems and insert the predominant time range for each system on the x-axis of the graph created for main course question. Comment on how these times may change for an individual and include the crossover concept in your answer.

Chef's Special

Explain, using correct terminology (rate versus yield), why an athlete is not able to sustain the same intensity for a marathon as a 100 metre sprint event. Include fuel sources and the concepts of power and capacity in your answer.