



Anaerobic Glycolytic System

Past paper question:

"Elite performers who play games, such as hockey and football, will use a predominant energy system which will vary depending on the demands of the match. Explain how the **anaerobic energy systems** contribute to the performance of a games player during a match".

Mark scheme:

Anaerobic glycolytic system/Lactic acid system/Lactate anaerobic system

- A** Games require energy for high intensity activity
- B** For activities lasting over 8 - 10 seconds/up to 3 minutes
- C** For example, extended period of sprinting to move from one end of the field
- D** Glycogen/glucose breakdown/Anaerobic Glycolysis
- E** To pyruvate/pyruvic acid
- F** 2 ATP produced
- G** Lactic acid produced as oxygen is not present

The Anaerobic Glycolytic System

The anaerobic glycolytic system is **one of two anaerobic systems**. The other is the ATP-PC system.

- Provides energy for high intensity activity.
- The duration of this system depends on the fitness of the athlete.
- It also depends on the intensity of the activity.
- Resynthesis of ATP involves the breakdown of glucose.

The system lasts between **8-10 seconds and 3 minutes**. For example 400m



Btec Sport Unit 1 Sample Tests

Julia Schneider



Btec Sport Unit 1 Sample Tests:

Btec Sport Unit 1 Sample Tests Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Btec Sport Unit 1 Sample Tests**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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