



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

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BTEC First Sport Level 2 Assessment Guide: Unit 1 Fitness for Sport & Unit 2 Exercise and Practical Sports Performance Jennifer Stafford-Brown, Simon Rea, Andrew Bardsley, 2013-03-29 Take the guesswork out of BTEC assessment with sample student work and assessor feedback for all pass merit and distinction criteria By focusing on assessment this compact guide leads students through each pass merit and distinction criterion by clearly showing them what they are required to do Helps your students tackle the new exam with confidence with mock examination questions together with answers and feedback provided Provides a sample student answer for every single pass merit and distinction criterion together with detailed assessor's comments on how work can be improved so that students know exactly what their work needs to show to hit their grade target Saves you time realistic model assignments are included and provide an opportunity to generate all evidence with each criterion and grade clearly indicated so there is no need to rewrite yet more assignment briefs Use instead of a textbook detailed revision style summaries of all the learning aims from the unit support students allowing them to quickly find the facts and ideas they will need for their assessment Enables you to customise your course combine this guide with others in the series so you only pay for the units you deliver **BTEC National Sport** George Caplan, 2007-07 Matches Edexcel's specification which will apply from September 2007 and includes the core units for the Development Coaching and Fitness and Performance and Excellence pathways *BTEC First Sport* Bob Harris, Ramela Mills, Shanon Parker-Bennett, 2004 This Student Book covers the three core and five of the optional units of the BTEC First Diploma in Sport everything your students need Includes all the guidance students need to get the best possible grade in their Integrated Vocational Assignment Pitched at just the right level this textbook is both enjoyable and easy to use **BTEC National Sport and Exercise Science Student Book** Adam Gledhill, 2007-07 Suitable for BTEC National Sport and Exercise Sciences to match Edexcel's 2007 specification this book covers the curriculum in manageable chunks that link to the specification headings so that students can be confident that they have covered the underpinning theory they need It features a full colour format **BTEC National Sport** Ray Barker, 2004 For the BTEC Sports Development and Fitness National qualification As a companion to the core textbook it covers six of the most popular option units Additional features such as real life case studies and discussion points help bring your learning to life **BTEC National Sport** John Honeybourne, 2003 This textbook covers all knowledge based core units and the most popular optional units of the BTEC National in sport and exercise sciences It provides in depth coverage of the knowledge based content as a basis for assessment tasks **BTEC National Level 3 Sport and Exercise Science 4th Edition** Jennifer Stafford-Brown, Simon Rea, Tim Eldridge, 2016-12-05 Exam Board BTEC Level KS4 Subject Vocational First Teaching September 2016 First Exam June 2018 Help your students gain the academic expertise and employability skills needed for further progression in education or the workplace with this textbook fully updated to reflect the new structure and content of the 2016 Level 3 BTEC qualification

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