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FUELS, RECOVERY AND FATIGUE

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| **Across**  **2.** The point where lactate production exceeds lactate removal  **7.** Has the highest yield but slowest rate  **9.** The type of fats that are broken down to be transported in the blood  **15.** How quickly ATP is resynthesised  **17.** The metabolic by-product that occurs as a result of the breaking of phosphate bonds  **19.** Food fuels break down into \_\_\_\_\_\_\_\_\_ fuels  **21.** Fats stored in adipose tissue and skeletal muscle  **22.** Fastest provider of energy without oxygen  **23.** Breaks down glycogen and produces metabolic by-products  **24.** The proper name for ATP  **25.** Where fluid loss exceeds fluid replenishment | **Down**  **1.** When the brain detects fatigue and sends weaker signals to the muscles this is called...  **3.** An increase in this means pH levels are dropping and indicate that the body is no longer working aerobically  **4.** The term for when the energy systems work together but at different rates  **5.** Name of the model that explains the balance of carbohydrates and fats during sustained exercise  **6.** When athletes consume high GI foods too close to the time of their event this may occur  **8.** These accumulate in the muscle during prolonged anaerobic exercise  **10.** The best type of recovery for the aerobic and anaerobic glycolysis systems  **11.** Protein is used mainly for \_\_\_\_\_\_\_\_\_ and repair  **12.** The name for where oxygen demand meets oxygen supply  **13.** Exercise-induced reduction in the power-generating capacity of a muscle and an inability to continue the activity  **14.** Fuel source when fats are depleted  **16.** Maximum amount of oxygen that can be taken up, transported and used by the body for energy production  **18.** The primary cause of fatigue for the ATP-PC system  **20.** Metabolic by - product of the aerobic system |