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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 |