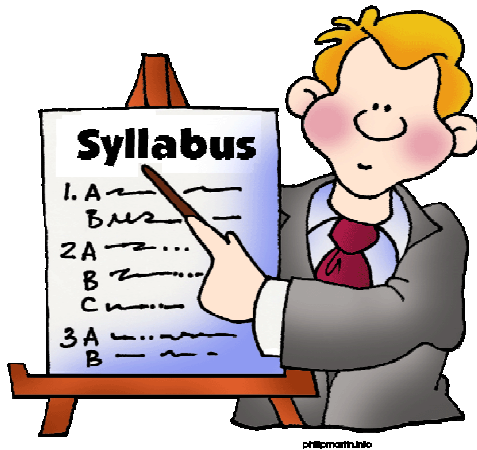


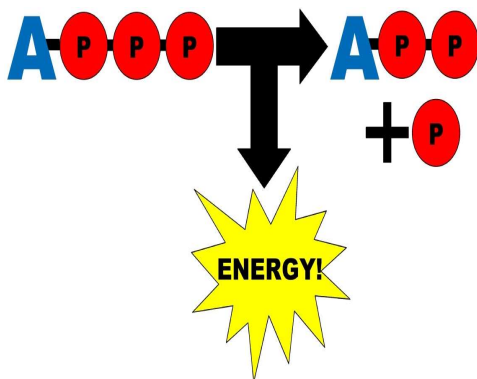
Topic outline

The Syllabus









-  News forum
-  Sport and Exercise Physiology Syllabus Word document

Energy



1








-  Energy PowerPoint Powerpoint presentation
-  Worksheet 1 Energy Concepts Word document
-  Worksheet 2 When a compound is broken down Word document
-  Worksheet 3 When a compound is built up Word document
-  What is ATP? file
-  Homework Resource

2 The ATP/PC System and the Lactic Acid



System







-  Energy Systems Powerpoint presentation
-  Worksheet 4 Summary of the Energy Systems Word document
-  Energy Systems - Extra Reading file
-  Energy Systems - Extra Reading pt 2 text file
-  Homework Resource

The Aerobic System

3



-  Energy Systems Powerpoint presentation
-  Worksheet 4 Summary of the Energy Systems Word document
-  Energy Questions - Try These text file
-  Homework Resource

4 The Energy Continuum

