

LESSON 2 - ASSIGNMENT

1. Explain the biological energy cycle, using illustrations (How does the body produce the energy it needs?).
2. What is the difference between anaerobic and aerobic pathways of energy production? When is each used prior to, during, and after a moderate intensity 30 minute exercise session? Discuss in 1-2 paragraphs.
3. Briefly, explain the function of ATP in body energy pathways.
4. Briefly explain in 2-3 sentences each the significance of the following terms in understanding body energy pathways:
 - Energy
 - Work
 - Power
 - Efficiency during exercise.
5. Why are enzymes important at rest and during exercise? Explain briefly in no more than 100 words.
6. List the steps taken by muscles to create energy for contraction when they are deprived of oxygen.
7. Explain the consumption of oxygen during different stages of activity, including:
 - At rest
 - Warming up
 - Peak activity
 - Cooling down