

Energy Supply

Chapter 4 - Knowledge Organiser



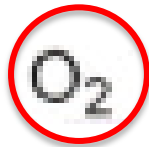
Aerobic respiration

Takes place in the presence of oxygen



Glucose

+

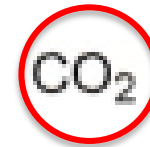


Oxygen

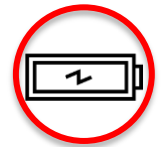


Water

+



Carbon dioxide



(+ Energy)



Anaerobic respiration

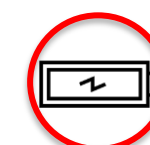
The process of converting glucose into energy without oxygen



Glucose



Lactic acid



(+ Energy)

The Effect of Exercise

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Short-term

Body temperature will rise and your skin will redden

●.....● Heat control



Helps to cool the body down

●.....● Sweating



Helping to send more oxygen to the working muscles

●.....● Breathing & heart rate increase



A feeling of sickness with an inclination to vomit

●.....● Nausea



Effects of Exercise

Long-term



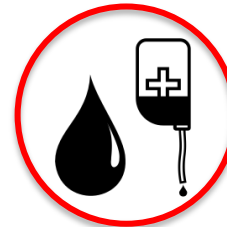
Heart size ●.....●

Becomes thicker and stronger. Increases stroke volume



Resting heart rate ●.....●

The heart becomes more efficient



Stroke volume ●.....●

Increase in the volume of blood pumped out of the heart per beat



Tolerate lactic acid ●.....●

More efficient at reprocessing waste products of exercise