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Name the four ATP energy systems and how long they provide energy for.	ATP-CP - 1-10 sec's at very high intensity Glycolytic - high intensity 10 secs - 2-3 min Oxidative - mid to low intensity +2 min Fatty Acid Oxidation - low intensity +2 min
How many units of ATP does each ATP energy system deliver?	ATP-CP: 1 unit of ATP/ unit of CP Glycolytic: 2-3 ATP/unit of glucose Oxidative: 38 ATP/ unit of glucose Fatty Acid Oxidation: 100 ATP / unit of fatty acid
What is EPOC?	excess post-exercise oxygen consumption
What is the lactate threshold?	The point at which the aerobic system cannot supply enough ATP for the needs of the body
What type of fuel does the ATP-CP energy system use?	Stored ATP
what type of fuel does the glycolytic system use?	blood glucose, muscle glycogen
what type of fuel does the oxidative system use?	blood glucose, muscle glycogen
what type of fuel does the fatty acid oxidation system use?	fatty acids in the blood stream

Canfitpro Pts Exam Answers

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