

# Atp pc energy system North Korea





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### KNOWLEDGE ORGANISER Unit 1 Anatomy & Physiology: Energy ...

Energy is now available for muscular contraction. ADP is left. Resynthesis of ATP from ADP occurs via 3 pathways. The pathway used will be determined by intensity/duration, fuel source ...

/ (ATP-PC System)! ,

10 /(ATP-PC/Lactic Energy System),? (HIIT) ?



### ??? ???(ATP-PC system) #?????

??? ???(ATP-PC system) 1. ?? ??? ?. 2. ATP? PC? ??? ? ???? ?. 3. ATP? PC? ?? ???? ???? ?? ??? ?????? ?? - PC? ??? ???? ??? ? ??? ???? ...

## Atp pc energy system , PDF

This document provides information about ATP (adenosine triphosphate) production through the breakdown of carbohydrates, fats, and proteins. It discusses the processes of glycolysis, glycogenesis, and the acetyl-CoA pathway. ATP is



the body's energy currency and is produced through three energy systems.



### The ATP-PC System

As the name suggests the ATP-PC system consists of adenosine triphosphate (ATP) and phosphocreatine (PC). This energy system provides immediate energy through the breakdown of these stored high energy phosphates.

#### ????? ???? ???? "????? (1) ATP

ATP - PC ???? ???? ? . ?? ATP? ?? ?????? ! ATP?  
????? . 3?(tri)? ??(Phosphate)? ?? ????????? ????!  
???? ???? ...



#### ????? ???? ???? "????? (1) ATP

ATP - PC ???? ???? ? . ?? ATP? ?? ?????? ! ATP?  
????? . 3?(tri)? ??(Phosphate)? ?? ????????? ????!  
???? ???? ATP?? ????????? ????! ?, ???? ??? ??? ??????  
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## ATP-PC System

The energy system used during exercise depends on the intensity and duration of the activity. Activities that require a high amount of energy quickly (e., sprinting) rely on the ATP-PC system. Activities that require energy for a longer duration (e., 400-meter run) rely on the anaerobic glycolysis system.



## ATP-PC SYSTEM

atp-pc? ?? - ? ????? 100m ???, ??, ??, ??, ??, ?? ???  
?? 8 - 10?? ?? ???, ????? ??? ??? ????? - ?? ??????  
???? ?????? ?? ?? ?? ? ?? ?????? ??



## ATP-PC SYSTEM

atp-pc? ?? - ? ????? 100m ???, ??, ??, ??, ??, ?? ???  
?? 8 - 10?? ?? ???, ????? ??? ??? ????? - ?? ??????  
???? ?????? ?? ?? ?? ? ??



## KNOWLEDGE ORGANISER Unit 1 Anatomy & Physiology: Energy Systems

Energy is now available for muscular contraction. ADP is left. Resynthesis of ATP from ADP occurs via 3 pathways. The pathway used will be determined by intensity/duration, fuel source & availability of oxygen. 1. THE ATP-PC (ALACTIC) ENERGY SYSTEM Type: Anaerobic Fuel Source: Creatine Phosphate (PC) Duration: Approx. 6-10 seconds



## PE

Study with Quizlet and memorise flashcards containing terms like 1. Explain the principle of a coupled reaction using the ATP/PC energy system as your example (4 marks), 2. Define the terms 'energy', 'work' and 'power', and identify a unit of measurement for each. Explain the role of ATP in providing energy for muscle contraction. (6 marks), 3.



### ??? ???(ATP-PC system) #?????

??? ???(ATP-PC system) 1. ?? ??? ?. 2. ATP? PC? ??? ? ???? ?. 3. ATP? PC? ?? ???? ???? ?? ??? ?????? ?? - PC? ??? ???? ??? ? ??? ???? ?????? ??? ATP? ???. 4.

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