

Course Name : Bachelor of Physical Education

Year : IInd

Paper Name : Kinesiology and Physiology of Exercise

Paper No. Ist

Lecture No. 8

Topic no. : Sec - C(3)

Lecture Title : Role of Energy Cycle in Physical Education - II

Summary

Glycolysis is the breakdown of six-carbon glucose molecules into two three-carbon pyruvate molecules in the cytoplasm of the cell. Pyruvate produced during glycolysis has two possible fates. When strenuous activities require performance times between one and one-half to three minutes, both the lactic acid system and the aerobic system involving oxygen are used. Due to training there is a slight decline in the rate and depth of respiration during rest.