

FAQs:

Q1. What is ATP PC?

Ans. 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.

Q2. Define Krebs cycle.

Ans. The Krebs cycle is a complex series of chemical reactions that continues the oxidization of glucose that was started during glycolysis. Acetyl coenzyme A enters the Krebs cycle and is broken down into carbon dioxide and hydrogen allowing two more ATPs to be formed.

Q3. What is anaerobic metabolism?

Ans. Anaerobic metabolism is the creation of energy through the combustion of carbohydrates in the absence of oxygen. This occurs when the lungs cannot put enough oxygen into the bloodstream to keep up with the demands from the muscles for energy. It generally is used only for short bursts of activity.

Q4. What are the great benefits of an anaerobic exercise?

Ans. An anaerobic exercise has great benefits for our overall health. They are:

1. It builds and maintains lean muscle mass.
2. It protects our joints. Increased muscle strength and muscle mass helps protect our joints, which can protect from injury.
3. It boosts metabolism. Anaerobic exercise helps boost metabolism because it helps build and maintain lean muscle. Lean muscle mass is metabolically active, so the more lean muscle mass we have, the more calories we will burn.
4. It increases bone strength and density. Anaerobic activity will increase the strength and density of our bones more than any other type of exercise, therefore decreasing our risk of osteoporosis.
5. It improves our energy. Our body relies on glycogen stored in our muscles as energy. Regular anaerobic exercise increases our body's ability to store glycogen, giving out more energy during intense physical activity.
6. It increases sports performance. Regular anaerobic exercise increases strength, speed and power, which will ultimately help to improve our sport performance.

Q5. What is an aerobic exercise?

Ans. Aerobic exercise (also known as cardio) is physical exercise of low to high intensity that depends primarily on the aerobic energy-generating process.

Q6. Define energy.

Ans. Energy is defined as the ability or the capacity to do work. Energy lights our cities, powers our vehicles, and runs machinery in factories. It warms and cools our homes, cooks our food, plays our music, and gives us pictures on television.

Q7. What are the benefits of anaerobic exercise?

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