

Biochemical systems card sort activity

Make up a set of cards for each group to sort out

1. There are three biochemical systems used to release energy by the body. Match up the typical sporting conditions to each system.
2. Which biochemical system is being used to release energy in each sporting activity?

Sporting condition	Respiration system	Typical distance	Time
Rapid acceleration/short duration activities	ATP-PC (phosphagen) system	100 m	8 – 10 s
Short distance exercises	Anaerobic glycolytic or lactic acid system	400 m	1.3 – 1.6 min
Endurance events	Aerobic respiration	15 – 40 km	Up to 4 h
Sporting activity			
Weightlifter	100 m swimmer	100 m sprinter	200 m runner
Middle distance runner	Rower	Marathon runner	Cross country skier