AS LEVEL PE - PROGRESS / TRACKING SHEET

ENERGY SYSTEMS

TARGET GRADE	
Current Working at Grade	

	Start of Unit			Interim Check			End of Unit		
TOPICS	R	A	G	R	A	G	R	A	G
I understand the energy continuum to explain which energy system is the main energy provider according to the intensity and duration of exercise									
I can identify the difference in ATP production depending on the fibre type used									
I can identify that during short duration/high intensity exercise the anaerobic glycolytic and ATP-PC systems are used									
I understand the effects of using the anaerobic glycolytic energy system through an explanation of lactate accumulation, lactate threshold and OBLA									
I can explain oxygen consumption during exercise and recovery through oxygen deficit and EPOC									
I can identify VO_2 max and explain the factors that affect it and how it is measured									
I can explain the measurements of energy expenditure to include indirect calorimetry, lactate sampling, and respiratory exchange ratio									
I understand the impact of altitude training, high intensity interval training, plyometrics and speed agility quickness on energy systems									