

Wednesday 28th June

BTEC level 3 research task:

Our bodies and the effects of physical activity, our bodies are uniquely adaptive to deal with day-to-day experiences and adapts to exercise to support homeostasis while we stay active. You will need to research the different effects of exercise and the aerobic energy stems especially making reference to ATP and our lactate system.

Task: How does the Body adapt due to vagarious exercise? Consider the processes occurring in our energy systems to allow us to train at a maximal for long durations of time. This must include energy expenditure and the use of ATP and ATP-PC

You may create a PowerPoint, short essay or any presentation you wish. Be ready to present to us in 1 hour.

Good Luck!