Paper 1: Aerobic & anaerobic exercise		Paper 1: Excess post-exercise oxygen consumption
 Aerobic exercise: Uses oxygen for energy production Includes activities that are of a long duration Includes activities that are of a moderate intensity The heart and lungs can supply all the blood and oxygen to the working muscles to produce energy aerobically 	 Anaerobic exercise: Does not use oxygen for energy production Include activities that are of a short duration Includes activities that are of a high intensity The heart and lungs cannot supply blood and oxygen to muscles fast enough to use so energy is produced anaerobically 	 Excess post-exercise oxygen consumption (EPOC): EPOC is the additional amount of oxygen consumed after anaerobic exercise. Sometimes EPOC is referred to as oxygen debt EPOC: Refers to the amount of oxygen needed to recover after exercise Enables lactic acid to be converted to glucose, carbon dioxide and water Explains why we breathe deeply and quickly after vigorous exercise
Sports and activities: Sport attract attrattract attract attract attract attrattract	Sports and activities: Sports and activities: Shot put Shot put Sprinting Weight lifting Long jump	Analysing EPOC:
 Aerobic equation: Glucose + O₂ → CO₂ + H₂O + Heat + Energy Glucose and oxygen combine to release energy aerobically This process produces carbon dioxide, water and heat (and energy) 	 Anaerobic equation: Glucose → lactic Acid + Energy Lactic acid is produced as a waste product when carbohydrates are broken down without oxygen during anaerobic respiration This causes muscles to become tired and work less efficient 	 Explanation The resting requirement identifies how much oxygen is required at rest When we start to exercise the demand for oxygen increases. it takes time to get the oxygen to the working muscles, not all the oxygen can be provided (anaerobic) we get an O₂ deficit When we stop exercising the demand for oxygen remains higher (to pay back the deficit) this is EPOC