

# Ecosystems

## 3. Respiration

### CONCEPT 2

### TEST YOURSELF

#### EXPLORING RESPIRATION IN SPORT

##### KNOW

- Q1 Give examples of sports that would use:
- (a) Aerobic respiration
  - (b) Anaerobic respiration
- Q2 Explain the main difference between aerobic and anaerobic respiration.
- Q3 Suggest a sporting activity that would rely on both aerobic and anaerobic respiration and explain why.

##### APPLY

- Q4 Explain what is meant by 'oxygen debt'.
- Q5 Explain why anaerobic respiration can only be sustained for short periods of time.
- Q6 Compare the word equations for aerobic and anaerobic respiration. I.e. how are the reactants and products similar/different?

##### EXTEND

- Q7 Suggest a reason why animals store glucose.
- Q8 Suggest why using protein in your body as an energy source could be damaging.