

Anaerobic and Aerobic Respiration Orienteering Quiz

Control Point	Question		Tick for your answer	Check your answer with the 4th number
5	Which one of these sports mainly involves anaerobic activity?	Javelin	<input type="checkbox"/>	1
		Cross-country running	<input type="checkbox"/>	2
		Orienteering	<input type="checkbox"/>	9
8	Which food type is most important for the anaerobic respiratory system?	Fats	<input type="checkbox"/>	1
		Protein	<input type="checkbox"/>	7
		Carbohydrates	<input type="checkbox"/>	6
11	What does the anaerobic respiratory system break down into lactic acid?	Glucose	<input type="checkbox"/>	4
		Oxygen	<input type="checkbox"/>	3
		Carbon Dioxide	<input type="checkbox"/>	8
2	What would an athlete experience due to an accumulation of lactic acid	Fatigue	<input type="checkbox"/>	5
		Additional energy	<input type="checkbox"/>	6
		Dehydration	<input type="checkbox"/>	4
12	Which one of these is <i>not</i> a by-product of aerobic respiration?	Glucose	<input type="checkbox"/>	0
		Carbon Dioxide	<input type="checkbox"/>	5
		Water	<input type="checkbox"/>	6
3	For which of these events would an athlete be mainly powered by aerobic respiration?	Shot Put	<input type="checkbox"/>	9
		5,000 Metres	<input type="checkbox"/>	1
		Long Jump	<input type="checkbox"/>	3
14	Which one is the correct equation for aerobic respiration?	Glucose + oxygen → energy + water + carbon dioxide	<input type="checkbox"/>	4
		Glucose + water + oxygen → energy + carbon dioxide	<input type="checkbox"/>	2
		Oxygen+ water + energy → glucose + carbon dioxide	<input type="checkbox"/>	8

