

Anaerobic and Aerobic Respiration Orienteering Quiz - Answer Sheet

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
			<input type="checkbox"/>	
			<input type="checkbox"/>	
8	Which food type is most important for the anaerobic respiratory system?		<input type="checkbox"/>	
			<input type="checkbox"/>	
		Carbohydrates	<input type="checkbox"/>	6
11	What does the anaerobic respiratory system break down into lactic acid?	Glucose	<input type="checkbox"/>	4
			<input type="checkbox"/>	
			<input type="checkbox"/>	
2	What would an athlete experience due to an accumulation of lactic acid	Fatigue	<input type="checkbox"/>	5
			<input type="checkbox"/>	
			<input type="checkbox"/>	
12	Which one of these is not a by-product of aerobic respiration?	Glucose	<input type="checkbox"/>	0
			<input type="checkbox"/>	
			<input type="checkbox"/>	
3	For which of these events would an athlete be mainly powered by aerobic respiration?		<input type="checkbox"/>	
		5,000 Metres	<input type="checkbox"/>	1
			<input type="checkbox"/>	
14	Which one is the correct equation for aerobic respiration?	Glucose + oxygen → energy + water + carbon dioxide	<input type="checkbox"/>	4
			<input type="checkbox"/>	
			<input type="checkbox"/>	

