Faculty of Medical Sciences in Kragujevac

Integrated academic studies of medicine

SUBJECT: I18 SPORTS MEDICINE

5th week of classes:

BIOENERGETIC DETERMINANTS OF PHYSICAL ABILITY

"BANK" QUESTIONS:

1. Energy and bioenergetics
2. Energy sources for muscle contraction
3. The structure of the ATP molecule
4. Synthesis of ATP
5. ATP energy in skeletal muscle
6. Phosphagen energy system
7. Glycogen-lactic acid
8. Aerobic systems
9. Creatine phosphate
10. Aerobic metabolism
11. Aerobic capacity
12. Anaerobic threshold
13. Converting VO2 max into metabolic equivalents
14. Assessment of ability and functional class based on achieved METs
15. VO2 increase during exercise
16. Expected VO2 max values ​​for men
17. Expected VO2 max values ​​for women
18. Factors affecting VO2 max
19. Indirect estimation of VO2 max
20. Anaerobic threshold
21. Steady state of metabolic processes
22. Substrates used for ATP production
23. Carbohydrates as substrates used for energy production
24. Advantages and disadvantages of anaerobic energy system