

Energy Systems

Identify the energy system (A) phosphagen; B) anaerobic; or C) aerobic) that is the prime contributor of ATP in the given activity.

1. Marathon running _____

2. Weightlifting _____

3. Dancing _____

4. Sprint up one flight of stairs _____

5. Baseball _____

6. Walking to school _____

7. Cross-country skiing _____

8. Tennis _____

9. Jumping over a puddle _____

10. Mowing the lawn _____